

HEADGEAR INSTRUCTIONS

To place your headgear, insert one side of the inner bow into the tube on your upper right or left 1st molar. Gently squeeze the inner bow and insert the opposite side into the tube on the opposite upper 1st molar.

Then while holding the headgear frame near your front teeth with pressure towards the back of the head, hook one side of the strap to the outer bow, wrap the strap around your neck or head and hook the other side to the outer bow.

Never rough house or wrestle friends with your headgear on. There have been a few freak accidents where someone grabbed the headgear frame, pulled it out of the tubes and then released it allowing it to sling shot back towards the face, putting out an eye. We use straps with a quick release feature to prevent this from happening.