

## REMOVABLE APPLIANCE (DISTALIZER, HEAD GEAR, FACE MASK)

1. **WHEN SHOULD IT BE WORN?** Your appliance should be worn 24 hours per day or as your Dr. recommend it, excluding mealtime. Faithful wear speeds treatment progress. Poor wear stops or greatly prolongs it.

2. **HOW SHOULD YOU INSERT AND REMOVE IT? –**



- **Distalizer-** It should be gently inserted and seated in place with the fingers. Biting down or flipping the appliance with the tongue can cause damage and distorts it.
- **Head Gear-** Headgear is inserted into to the back molar bands. Attach neck strap around the extension ends of the face-bow on the hole prescribed by the doctor.  
Handle everything carefully, especially when removing or inserting the face-bow, Pull face-bow straight out of mouth without moving it up or down or side to side. Detach the strap first before removing the face-bow.



- **Face Masks-** A facemask is a removal appliance that is attached with elastics (rubber bands) to hooks on a palatal expander. A facemask is used to guide the upper jaw forward to improve jaw alignment. A facemask appliance is worn by patients all home hours and sleeping, NOT worn to school or sports.



3. **CAUTION- AVOID LOSS OR DAMAGED:** If your appliance is loss or damaged, please contact our office at once. Loss or unnecessary breakage should be guarded against; there is a fee for replacement. Don't leave it lying around where pets or little brothers and sisters can find and damage it. Don't put an unprotected appliance in your pocket. Please consider putting your name on the case so if lost it can returned instead of thrown out.