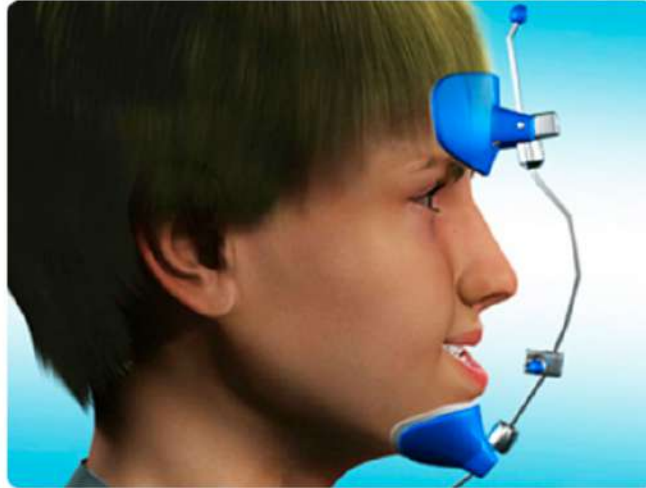


## ORTHODONTIC APPLIANCE FACT SHEET

### Face Mask



Your face mask appliance is used to shift the upper teeth and jaw forward. It is made of a metal face bow with cushioned forehead and chin rests. It is a removable appliance.

### Things to Know

- The face mask attaches with rubber bands to either a special upper wire or an extension arm off a palatal expander, as directed by the Doctor. Always use new rubber bands each day you wear your appliance.
- Wear the appliance during quiet time at home such as using the computer, watching TV, doing homework, etc. Do not wear the appliance during activities such as wrestling or playing with friends/family members.
- The appliance should be worn for 12-16 hours per day. Wear it as much as possible while at home. It should be worn while sleeping. You do not have to wear it when out of the house.
- If you wear it as instructed on a regular basis, you do not have to wear it when you have a sleep-over or have friends over to your house.
- The better you wear it each day, the shorter period of time it will be needed.
- Be sure to brush and floss thoroughly to keep your teeth clean and free from cavities.
- Avoid sticky foods such as taffy, caramels, gummy candy, skittles, starburst, and gum. Also avoid hard foods such as ice, nuts, and hard candy. These can damage or break your face mask.
- Since this is a new appliance, you will go through a period of adjustment. You may notice increased saliva, slight speech impairment, and areas of tenderness. This is normal and usually resolves in a few days. Continuous wear of the face mask will speed this process.
- The Doctor will check your face mask periodically and make adjustments as necessary. Please remember to bring it with you to every orthodontic appointment at the office.
- If the face mask or bands become broken or loose, call the office immediately.