



GARY M. HOLT, D.D.S., P.C.  
personalized orthodontics

## Headgear

Headgear needs to be worn while sleeping and around the house when not physically active (when you are watching TV, playing video games, reading, doing homework, etc.) for a target time of 12-14 hours per day. The more you wear your headgear the faster it will work. Great wear can even shorten your treatment time. If you develop a sore on your chin or forehead from wearing your headgear then try placing mole skin on the headgear to keep it from rubbing. You can try other items besides mole skin such as a wrist band or cotton cloth to keep the headgear from rubbing.