



Reverse-pull headgear, or a facemask, is a removable appliance used in correction of a class III skeletal malocclusion (your upper jaw is back and lower jaw is too far forward). The appliance is worn for a minimum of 12-14 hours per day, after school and every night, to help pull the upper jaw forward in growing children and adolescents. If the appliance is worn as prescribed, you will be surprised how quickly your treatment will progress.

Wearing the facemask:

- After following an initial round of expansion, Dr. Ross will instruct you on rubber band wear from the facemask to the hooks present on the expander.
- The facemask and elastics are to be worn each day. We are trying to achieve 12-14 hours of wear per day. The appliance should be worn after school and to bed. The gentle, but steady pressure exerted by the rubber bands on the upper jaw encourages bone growth. In effect, the upper jaw is pulled forward, like a dresser drawer.
- You should change your elastics every time you wear the facemask. If you run low on your elastics before your next appointment, call our office so we can arrange to get you more elastics.
- The chin pads may irritate the skin. If this happens you may cover the pads with any cotton material to allow the skin to breathe better. The chin and forehead pads may be replaced when worn down. Please let someone know at your next visit and we will give you new pads.
- It will take a few days to get used to wearing your facemask. With continued wear it will become more comfortable.

If you have question or concerns regarding your child's facemask, please call us at (717) 637-4131.