



FORWARD-PULL HEADGEAR

How to use

Attach the elastics (Anna) to the arms of the RME first. Place the facemask over the forehead and chin and while holding the facemask in place ease the elastics onto the elastic bar on the facemask.

When taking it off, repeat the process in reverse.

When to wear

The headgear should be worn for a minimum of 12-14 hours per day. This means more than just at bedtime. The more the headgear is worn, the quicker it will work. Taking the headgear on and off instead of wearing it for a continual block on time also decreases the effectiveness of the appliance.

Maintenance

The elastics should last for a week and then should be thrown away and new elastics placed. The elastics will lose their pull after a week. If you require more elastics these can be collected from the clinic.

The padding on the headgear may require cleaning or replacement particularly in the summer months. If you require replacement pads please see the team in the clinic.

It is important to be mindful of any activity that could cause injury when wearing the facemask.

Please contact the practice should you have any queries.