

# Facemask

PERFECT SMILES ORTHODONTICS



## Facemask Appliance

Now that you have a Facemask, you may have some questions that you would like answered:

## What does the Facemask do?

The Facemask is worn to move your upper jaw forward. If you don't wear the facemask as instructed, your front teeth may be left behind at the end of the treatment



## Are there any special instructions I need to know?

You will be shown how to wear the Facemask by our staff. The important points to remember are:

- Remove the elastics before taking off the facemask.
- Do NOT wear the facemask while playing sport or rough games.
- At night, always ensure that the elastics are securely fastened to your facemask.
- Bring your facemask to EVERY appointment.
- You must brush your teeth at least three times a day using a fluoride toothpaste.

## Will it be painful?

Your teeth may be uncomfortable for 3 to 5 days after the facemask has been fitted. If required, take pain killers (Panadol or Nurofen, check dosage on packet). Do not stop wearing the Facemask because of toothache as you will experience the same discomfort again when you restart wearing the facemask.



## How long do I have to wear the Facemask on a daily basis?

It is important that you wear the Facemask for at least 14 hours a day. Otherwise, it will not be possible to complete your treatment successfully. The Facemask should be removed for eating, drinking and brushing. Please make sure that you are recording the amount of hours that you wear it for.

## What should I do if I have problems wearing my Facemask?

If you have any problems such as the Facemask falling off at night, please call our office as soon as possible and stop wearing the Facemask. Please don't wait for your next appointment to tell us about the problem.

