

Guide to REVERSE-PULL HEADGEAR



Reverse-pull headgear, or a facemask is a removable appliance used to correct an “underbite” or a Class III skeletal bite (where your upper jaw is too far back, and the lower jaw is too far forward). The facemask works by pulling the upper jaw forward in growing children and should be worn for 15 to 18 hours per day – after school and every night.

How does it work?

- You will be fitted with a Rapid Maxillary Expander (RME) to expand the upper jaw so that it co-ordinates with the lower jaw (*see the RME guide for details on this appliance*).
- The facemask attaches to hooks on the expander with elastic bands that you will be shown how to fit
- The sustained but gentle pressure exerted by the rubber bands on the upper jaw encourages upper jaw growth.
- If the chin pads irritate the skin, you may cover the pads with any cotton material to allow the skin to breathe better.
- It will take a few days to get used to wearing your facemask but with continued wear it will get more comfortable.

If you have any questions or concerns, please call us on 9678 8243.