



stacy miller
DDS • MS

INSTRUCTIONS
.....

reverse pull headgear (RPHG)

Reverse Pull Headgear (RPHG) is one of the most effective methods of correcting malocclusions involving retrusive (small) upper jaws, and its effectiveness has been documented in many university studies. The most critical point regarding the use of RPHG is **CONSISTENCY** of wear. **YOU will dictate how well it works by how well you wear your new RPHG!**

HERE ARE A FEW RULES THAT APPLY TO USING YOUR RPHG:

1. Unless otherwise instructed, you should wear your RPHG for a minimum of 10 hours every 24 hour period. This can be in the afternoon and evening hours and through the night. If you fall behind during the week due to after school activities, you should make up the time on the weekends. Remember, consistent wear is the most critical part of using an RPHG!
2. It will take some time to adjust to the feel of the RPHG on your face while you are trying to fall asleep. It is like trying to sleep in glasses or a cap...awkward. Be persistent, and you will soon doze right off.
3. You should not horseplay or wrestle while wearing your RPHG, as it could lead to an injury or damage.
4. Please call immediately if it gets loose, out of adjustment, or lost. Valuable treatment time can be lost.
5. Some of the correction that is gained with RPHG will naturally be lost when RPHG wear is discontinued. Therefore, we will be planning for **OVER** correction knowing that some change will be lost with time and growth.