

Orthodontic Department

You will be treated under
the care of Consultants:-

Mr J.D Muir

Mr J Shah

Mr J.M Scholey

Miss K.J Jiggins

Miss L Mangnall

Miss S Kotecha

We are a teaching
department so we have
other dental care
professionals that may
participate in your
treatment. Our
department staff includes
Senior Registrars,
Registrars, Clinical
Assistants and Dental
Nurses.

Orthodontic Department

Tel No: 674653

Monday to Friday

9.00am to 1.00pm

2.00pm to 4.30pm

Visit our
Website

[www.uhns.nhs.
uk](http://www.uhns.nhs.uk)

Click on 'our
services'
then
'orthodontics'



University Hospital of North
Staffordshire

Orthodontic Department

Headgear



Tel No: 674653

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then 'orthodontics'

Headgear

- ◆ This is worn as an addition to a fixed or removable appliance.
 - ◆ It needs to be worn **greater than 14 hours every day / night**. Or as you are instructed by your orthodontist.
 - ◆ Please record your hours of wear on the charts that have been provided.
 - ◆ It is very important that you follow the safety instructions shown to you during fitting.
 - ◆ **Never** wear the headgear for playing sports or messing around.
 - ◆ Contact the orthodontic department immediately if you are concerned or have any problems.
- ◆ Your teeth may feel quite tender for about 3-5 days after the headgear has been fitted. You can take a pain relieving tablet e.g. paracetamol
 - ◆ **STOP** wearing your headgear and contact us if any part of the headgear becomes detached. Do not wait for your next routine appointment.
 - ◆ Very rarely parts of your headgear may cause an eye injury. If this occurs it **must** be treated as an emergency without delay. Attend the Accident & Emergency Department for an urgent ophthalmic assessment and opinion.
 - ◆ Failure to wear the headgear will result in a relapse of any progress already achieved.
 - ◆ Bring your headgear to each appointment.
 - ◆ Even if you cannot wear your headgear for whatever reason, please remember to bring it to your appointment.
 - ◆ Failure to co-operate may lead to treatment being discontinued.



Low Pull Headgear



High Pull Headgear

It is important that you contact the department in the event of a breakage or an inability to wear the appliance 01782 674653.