



ELLENBROOK  
ORTHODONTICS

# FACEMASK

## Instructions

### WHAT IS A FACEMASK?

A facemask is a removable appliance designed to increase the forward growth of the top jaw. This helps the top teeth bite in front of the lower teeth.

To get the best possible result we need it to be worn as instructed.

### INSTRUCTIONS

#### PUTTING IT ON

First, place the elastic rubber bands onto the hooks on the expander. Then position the facemask on the forehead and chin making sure it is aligned and comfortable. Finally, stretch the rubber bands from the hooks on the expander to the hooks on the facemask. If it is rubbing on the corner of your lips, try crossing the elastics i.e. the elastic on the right side of the plate goes to the left hook on the facemask.

#### REMOVING

Always remove the elastics before trying to remove the facemask. Hold the facemask until both elastics have been removed.

#### WEAR

The facemask **must be worn 12-14 hours a day**. The more it is worn, the faster it achieves the result. It is not necessary to wear at school or out in public but must be worn when sleeping and additional hours when at home e.g. reading, doing homework, watching TV, etc. Wear as much as possible on weekends.

Remove it when playing any sports or rough games to avoid injury.

#### DISCOMFORT

You may feel minor discomfort whilst you adapt to the facemask. This is normal.

If you develop a rash on your chin or forehead, place cotton pads (makeup removers) or a soft fabric in these areas.

### PROBLEMS

If you have any problems please contact our friendly team on **9297 6823** or email [reception@ebortho.com.au](mailto:reception@ebortho.com.au)

### REMEMBER

Be patient with yourself and give yourself time to adapt to the facemask.

**Bring your facemask to every appointment so we can check it for you.**

We can't wait to review you at your next appointment and see the progress you have made!



*smile for life*