



David J. Harnick DDS, MSD  
8631 Golf Course NW, Ste F  
Albuquerque, NM 87114  
(505) 831-1600



## **FACEMASK**

### What is it?

Facemasks are an exciting appliance that is designed to bring individual teeth, groups of teeth or entire arches forward. It is also used to slow down the growth of the lower jaw and promote growth of upper jaw.

### Your part:

- \*Wear the appliance from 12 to 16 hours per day or as much as possible when you are at home.
- \*You may experience some initial discomfort. Take what you would normally take for a headache, if you wish, to help with discomfort.
- \*When worn on a regular basis, wearing the appliance will become easier and more comfortable.
- \*Do not wear appliance during rough play, sports or any time it may be pulled off. This could result in injury to you.
- \*Always be sure you have plenty of rubber bands before you leave the office. Know the “name” of your rubber band.
- \*If you are running short of rubber bands, call the office. We can mail you some.

**Bring your facemask to every appointment.**