

instructions for reverse pull head gear (RPHG)



what does reverse pull head gear do?

The Reverse Pull Head Gear (RPHG) is used with a Rapid Maxillary Expander (RME) when the upper jaw is smaller and more set back than the lower jaw. The RME is used to widen the upper jaw and the RPHG then pulls the entire jaw forward. The aim of the RPHG is to stretch the bone at the joints between the upper jaw and skull. This can only be done while a patient is growing, and places the upper jaw in a more ideal position.

wear

The RPHG needs to be worn as much as possible. We suggest wearing the RPHG as soon as you get home as it can be worn while watching TV or doing homework. It should only be removed for eating. After your evening meal you can brush your teeth and put it back on. Leave it on during the night for sleeping and do not take it off until the morning. The more you wear it the better it is for you, so if you are at home on the weekend, wear it.

To put the RPHG on, first place the elastics on the hook. To do this pick one side to start with, look in a mirror and hook the elastic securely in the loop, then do the same on the other side. Now you can place the head gear on your face with your chin in the cup grip and the flat top rest on your forehead. With either your left or right hand, hold the middle of the metal bar firmly. With your free hand pull one of the elastics towards the little arms on the head gear and secure it. This may pull a lot on the head gear so make sure you have a firm grip. Do the same on the other side.

discomfort

You may find it hard to sleep without the head gear coming off. If this happens, try either of these two suggestions;

1. Cross the elastics over in a crisscross fashion for more stability, or
2. Wear a headband or sweatband at night around the forehead for a better hold