

Face Mask Instructions

It is not unusual for your child to experience some initial awkwardness with the face mask before they get used to it. This is temporary and will subside after regular use. When worn on a regular basis, the face mask will become easier and more comfortable for your child to wear. Tell your child to hang in there!

Initially the face mask should be worn 12 to 14 hours every day. It should not be worn less than 8 hours per day. The teeth and jaws will not move if the appliance is not worn every day for the required amount of time.

Have your child wear the appliance every night after dinner, before going to bed. Instruct your child not to wear the appliance during rough play, sports or any time it can be pulled off.

Sometimes more padding at the chin is preferable (especially if minor irritation of the skin develops). To make the pads more comfortable, moleskin padding can be added to the chin/forehead pads. Another good alternative is to secure a cotton sock over the pads to relieve any discomfort.

Always bring the face mask to every appointment so that Dr. Wong can check its fit and make any adjustments. Be sure to let us know if you are running low on rubber bands.

If you have any questions about your child's face mask, please don't hesitate to call our office.