



FACEMASK

HOW TO WEAR

Connect elastics to either side of the expander hooks. Position the facemask on the forehead and chin, then attach the elastics to the facemask.

WHEN TO WEAR

Wear your facemask as much as possible, but at least 10 hours every day. Put it on in the evening before bedtime and wear it through the night while you sleep.

HELPFUL HINTS

Be sure to keep your facemask in a safe place so that it will not get misplaced.

Do not play or roughhouse with your facemask on.

Always bring your facemask with you to your orthodontic appointments so Dr. Spillers or Dr. Gordon can check it.

If you develop a rash on your chin, sprinkle corn starch on the chin pad or place a baby sock (or cotton material) over the chin support.

THERE WILL BE A CHARGE TO REPLACE LOST OR BROKEN FACEMASKS.

**Additional information may be found here
<https://www.drspillers.com/life-with-braces/>**

If you have any questions or concerns, please call our office at (478) 953-2700.



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