



Some things to know about your **Protraction Face Mask**

Your protraction face mask is an important part of the improvement of your smile and bite. It is critical that you use your face mask as directed so that you can enjoy the good results and avoid extended time in braces. Here are some things you should know about your face mask.

- Wear the face mask whenever you are in your house. Do not wear the face mask in the car, to school or outside the house. However, wear it whenever you are home, including sleeping at night. It may be briefly removed at home for eating, drinking and brushing & flossing teeth.
- The face mask is adjusted for a custom fit. DO NOT adjust your face mask at home. If the fit changes or becomes uncomfortable, call the office to make an appointment.
- Use only the elastics (rubber bands) given to you in our office. DO NOT use “household” rubber bands and elastics used for hairstyling.
- It will take some time to become accustomed to your face mask. Be patient. Over-the-counter pain remedies such as acetaminophen (Tylenol) and ibuprofen (Motrin, Advil) are helpful. Use as directed on the label and do not use for more than 8 days in a row.
- Some patients will notice an acne-like rash on the areas of the face in contact with the face mask. Zinc oxide ointments or creams (e.g. Desitin) are helpful. Use as directed on the label.
- No wrestling, horseplay or playing physical sports while wearing the face mask. Serious injury could result.
- If you are unable to use the face mask for any reason, notify us as soon as possible.

Thank you for your cooperation! Excellent cooperation is essential for excellent results! Office phone (801) 513-7786