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Face Mask

➤ Why the face mask?

-The face mask is used to bring the upper jaw forward. Face mask therapy helps correct skeletal class three (underbite) malocclusions. These types of problems are characterized by upper teeth that fit behind lower teeth as well as back teeth. The cause of this bite is an upper jaw that is not growing fast enough to keep up with the lower jaw.

➤ When should I wear it?

-We recommend you wear your face mask 12-14 hours a day. (Yes, you can and should wear it more!) When you miss a day it takes three days to get back to where you were. The more you wear your face mask, the better the response and the less months it will need to be worn.

➤ How will it feel?

-You may experience some tenderness of the upper teeth and jaw. This will subside within 3-7 days. If you are inconsistent with wearing your face mask, your teeth may continue to be tender.

***Do NOT wear your face mask when engaged in contact sports! Be sure to bring your face mask with you to each and every appointment as the doctor will need to adjust it!**