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**SPECIALISTS IN APPLIANCE THERAPY FOR ADULTS AND CHILDREN**

## ADJUSTMENT INSTRUCTIONS FOR: THE REVERSE FACE MASK

**REVERSE FACE MASK THERAPY** – One of the most effective ways of treating a young patient who presents with maxillary skeletal retrusion, is the “Reverse Pull Face Mask.” The typical case in which the face mask treatment is most effective, is in a Class III dental and/or skeletal malocclusion with maxillary skeletal retrusion. A Cephalometric Analysis (preferably the Sassouni Plus Analysis) is used to determine the nature of the Class III malocclusion. The information from the Ceph tracing is used to determine if the maxilla is retruded or if the mandible is protruded. The goal of the face mask treatment is to attempt to eliminate the need for surgery by moving the entire maxilla forward.

**THE FACE MASK** – The face mask has a wire and acrylic frame work. There are several styles to choose from depending on your preferences. Some masks are fitted to the proper size by adjusting set screws with an Allen Wrench and adjusting the acrylic chin cup and forehead pad as needed. There are other styles that are fitted by bending the wire framework as needed. Complete adjustment instructions will be sent with any style mask provided by Space Maintainers of the Midwest. You can order your masks directly from us, and we will send it along with the appliance. The masks come in two sizes: pedo and standard. Once the mask has been properly fitted, elastics are connected from the hooks on the mask to a maxillary orthodontic appliance.

**ELASTIC FORCES** – The elastics should extend from the hooks near the distal of the laterals on the appliance to the posts or hooks on the face mask. The most commonly used elastic force system is twice the patient’s age. If the patient is 10 years old, 20 total ounces of elastic force would be applied. The elastic force on each side would be 10 ounces. A Dontrix gauge is useful to determine how much force is being applied. Increase the force 2 ounces per side every other month until the treatment is completed.

**WEAR TIME** – The more the mask is worn, the faster the movement will occur. 16 to 20 hours per day is ideal. The mask does not need to be worn at school, but the patient should put it on after school, and remove it in the morning before they leave for school. This wearing schedule should allow you to achieve  $\frac{3}{4}$  of an mm to 1mm of movement per month.

FOR ADDITIONAL ADJUSTMENT INFORMATION ABOUT THIS APPLIANCE  
AND MANY MORE, VISIT OUR YOUTUBE CHANNEL AT:  
[www.youtube.com/OhlendorfApplianceLab](http://www.youtube.com/OhlendorfApplianceLab)

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