

## PREVENTING J- HOOK ORTHODONTIC INJURY

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**ABSTRACT:** Injuries are reported in the patients who use J-type head gears. This article describes a simple chair side practical method to avoid J-hook injuries

**KEYWORDS:** Head gear, J-hook, Injury

## INTRODUCTION

There have been many headgears that have been used in the past which are still used nowadays during orthodontic treatment. Generally, with all these snap away devices are available but orthodontist frequently uses J-hook headgears such as the Hickham type (A) which is not safe<sup>1,2</sup> (**Fig 1**). Firstly, J- hook dislodges from the archwire or from the occipital strap leading to orofacial trauma<sup>3</sup>. The second disadvantage is that due to its continuous wear the patients frequently encounter bruising effect on their skin<sup>4</sup>. The main cause for this in patients is with small or large heads (or due fluffy hair)<sup>4</sup>. To prevent such orthodontic injuries, we offer a practical method which can be applied in clinical practise by using suction tubes as sleeves on the J-hooks . This would prevent the J-Hook with the hook sliding out of sleeve tube and let it snap back thus, avoiding orofacial trauma. The suction tubes act as sleeves which are soft and does not hurt the patient as compared to the J hook only which frequently causes laceration and is uncomfortable to the patient because of the wire.

## Clinical steps

- 1) Take two suction tubes (**Fig 2**)
- 2) Cut the ends of the suction tube with a scissors or a cutter and place it hot water to make it soft (**Fig .2**)
- 3) Take the desired length of suction tube , mould it and insert it on to J-hooks(**Fig .3**)
- 4) Attach the J-hook Headgear assembly to the patient (**Fig .4**)



Fig.1 Patient wearing J-Hook Head gear

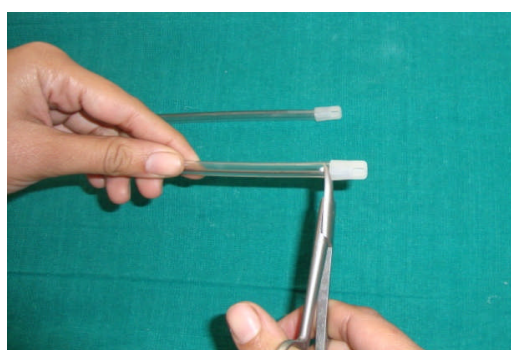


Fig.2. Cutting the ends of suction tubes



**Fig.3. Inserting the tube over the J-hook**



**Fig.4. Attachment of J-hook with sleeves**

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