

# Herbst Appliance

The Herbst appliance is used to correct your bite by helping the lower jaw come forward to line up with the upper jaw. It is used with braces on the upper and lower front teeth to correct your bite as we straighten your teeth, keeping the total time in treatment as quick as possible.



## Getting Used to your Appliance

As with anything new, it will take time to adjust to your Herbst appliance.

It will feel different when you try to bite down. While adjusting to your new bite, take your time when eating and cut food into smaller pieces. It may be beneficial to start out with softer foods while you adjust to it.

As the lower jaw is brought forward, your back teeth will not come together like they did before the Herbst appliance was placed. Be patient, those teeth will come forward so you can chew normally in about a week.

Most of the time, there is no soreness in the teeth when the appliance is placed, however, you may feel some tenderness in your jaws. This normally goes away in a few days. Sometimes the teeth will feel sore from the braces at first and after adjustment appointments, this will also go away after a few days.

The screws on the side may irritate your cheeks at first. After a few days your cheeks will toughen up and prevent further irritation.

Be sure to spend enough time cleaning around the Herbst. Swishing with warm salt water or mouthwash can help with any food that gets caught. A Waterpik™ is helpful to dislodge food too. You'll want to spend at least 2-3 minutes brushing to get around all surfaces of the Herbst appliance and the braces too. Don't forget to gently massage the gums with a toothbrush to remove any food sitting along the gumline.

## Possible, but unlikely, problems

Sometimes a screw may come loose. If this happens, you will have a rod or tube dangling in your mouth. Be careful not to bite on the arm and call our office to have this replaced. Keep the screw in a plastic bag and bring it with you to your appointment

Infrequently, the Herbst appliance can come loose or break. Be careful not to bite down on the herbst. If you have a problem with something coming loose or breaking, please call our office.

It is possible for one of the braces to become loose, or one of the wires or ties to be bothersome. Using the wax we have provided will help to make it more comfortable until you are able to visit our office to have the problem corrected.

Following our food recommendations closely will help prevent any problems with the Herbst appliance or the braces.