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Diplomate of the American Board of Orthodontics

Practice Limited to Orthodontics / Dentofacial Orthopedics

Your Herbst Appliance

DESCRIPTION

The Herbst appliance is a functional appliance that postures the patient's lower jaw in a forward position. Over a period of months this forward posture of the lower jaw usually promotes growth in the same direction.



EATING

Initially, mealtimes can be a bit awkward; it is important for the first four to ten days to stick to liquids and soft foods, such as eggs, yogurt, mashed potatoes, pasta, etc. Cut foods into bite size pieces. After this short period of adaptation, most foods can be eaten, especially when cut into small pieces. However, you should continue to stay away from hard foods and sticky foods.

CLEANING

It is important to keep your appliance clean. Plaque and tartar can collect on it, so we recommend a quick rinse or brushing after meals and snacks. Brushing thoroughly around the edges of the molar bands will keep the gum tissue healthy.



SPEECH

Talking may be a little harder at first, but this goes away once you are used to it. Applying soft wax to the spot where the appliance attaches to your bands helps with discomfort.

LOOSE APPLIANCE

It is possible that your appliance could break or become loose in your mouth. If it does, call our office. If you have any problems that you cannot take care of, call our office for an appointment.

SORENESS

There may be some soreness or discomfort at first and this is normal. The patient may experience soreness in the cheek area. Initial cheek biting may occur as well as cheek puffiness. The soreness will go away as the tissue toughens. If necessary, any soreness can be relieved by warm salt water rinsing and by using whatever headache remedy you normally use. Gums may become sore and swollen. This usually occurs due to improper brushing techniques. It is important that your appliance be cleaned and checked daily.