

Herbst Appliance

- Avoid sticky foods such as taffy, caramels, gummy candies, starburst, skittles, and gum as they might loosen the appliance. Also, avoid hard foods such as ice, nuts, and hard candy as these might break the pendex.
- Thorough, but careful, brushing around the appliance is important to keep it and your teeth clean and free from cavities. Be sure that no food remains trapped under the arms.
- Your cooperation is essential to achieve the desired results. Be gentle with the appliance. Allow it to do its job by relaxing your muscles so they can get used to their new position. At first, your muscles might get a little tired (like your leg muscles might get tired if you run outside a lot). You have to give them time to adjust. This adjustment period usually takes a few days to one week.
- Initially, your teeth might feel sore after placement of this appliance. Also, you might notice extra saliva in your mouth and slight speech impairment. This is expected and should go back to normal after a few days.
- Each patient is unique, and their needs are different. For some people, the use of an over-the-counter medicine similar to that taken for a headache can be used to help the soreness. If this is needed, it is usually only for a day or two.
- Speak out loud as much as possible during the first couple of days to allow your tongue to get used to this appliance.
- Certain areas of the herbst appliance might bother your cheeks and tongue at first. This usually goes away after a few days, but the use of wax or wet cotton balls will help to minimize the discomfort while your mouth is adjusting. Rinsing with warm salt water or Peroxyl and the use of Orabase will help bothered areas feel better and return to normal.
- Sometimes, when you open your mouth very wide, the lower rod will come out of the upper tube. This is easily corrected by opening wide again and using your finger or tongue to guide the rod back into the tube.
- Please call us immediately if anything feels loose or broken.