

Herbst



What to expect

- When the Herbst is first placed, there is an adjustment period. During this time, it may be difficult to eat/chew. We advise that while you are getting used to the Herbst appliance you have a softer diet (ice cream/milkshakes/smoothies, soups, cooked pastas, eggs, pancakes, etc).
 - Adjusting to a Herbst appliance can take up to 2 weeks. Do not get frustrated – you will get used to it 😊
- Irritations in your cheeks are common when adjusting to the Herbst appliance. Your cheeks will “toughen up” to the appliance but using wax when necessary and doing warm salt water rinses 3-4x/day will help heal the irritations.
- You may notice an increase in salivary flow which may make it different to swallow & talk. This is normal & will subside within a few days. We recommend reading books/magazines out loud to make the adjustment easier.

Diet modification

Sticky/Chewy/Hard/Crunchy foods can cause damage to your Herbst appliance by causing the bands on the back molar teeth to become loose. Examples are as follows:

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|-------------|-------------------|------------------|-------------------------------|
| • Toffee | • GUM | • Popcorn | Also avoid chewing on: |
| • Taffy | • Swedish Fish | • Mints | • Mouthguards |
| • Skittles | • Sour Patch Kids | • Jolly Ranchers | • Pen caps |
| • Twizzlers | • Milk Duds | • Lollipops | • Pencils |
| • Starburst | • Tootsie Rolls | • Thick pretzels | • Fingernails |
| • Gummy | | • Jawbreakers | |

Oral Hygiene

Brushing & flossing your teeth with your Herbst will be more difficult since there are more places for food & plaque to collect. Make sure to brush 3-4x/day & floss nightly. Brush all metal parts of the Herbst appliance, including the bands on your back molars, any pieces running across your palate or behind your bottom teeth, as well as the arms of the Herbst. We find a WaterPik is helpful!!

If any problems occur...

If the appliance becomes loose or severe pressure is felt, call the office as soon as possible to schedule an appointment.

If your Herbst has a Rapid Palatal Expander (RPE) and needs winding:

We will review winding with you chairside at the time we bond the appliance & make sure you are comfortable with the technique before you leave the office.



Please call if there are any further questions

Winding with a Herbst appliance is generally done **1x/day in the evening**.

- If needed, an over-the-counter pain reliever may be used for any discomfort.
- A space will begin to open between the front teeth.

Please call if there are any further questions