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THACKER ORTHODONTICS

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HERBST

PURPOSE OF HERBST:

The Herbst is used to stimulate growth in the lower arch.

- Use of this appliance may eliminate the need for orthognathic surgery.
- This appliance may be used during the correction of an overjet (“overbite”)
- The Herbst is cemented to two upper and two lower molars.
- The Herbst is typically in place for 9-12 months.

ADJUSTMENTS EXPECTATIONS:

Adjustment to the Herbst may take 2 to 3 weeks.

- Expect to experience increased salivation for a few days.
- Begin by eating soft foods and taking smaller bites than usual.
- Your teeth may not feel as if they meet well during treatment.
- Immediately begin applying wax to the screws and any other areas that may feel like they rub against the lips, cheeks or tongue - this will help to lessen sore spots.
- Speaking and reading out loud will help to improve your speech.
- You may notice that the lower jaw may feel and look uncomfortably forward, this will relax.
- Side to side movement of the lower jaw will be limited during treatment.

DISCOMFORT:

You can experience some discomfort of the cheek muscles, jaw joints and back teeth.

- Take Ibuprofen or non-aspirin pain medication as you would for a headache.
- Oral rinsing with warm salt water will help the adjustment.
- Eating will be difficult during early treatment.
- Orabase with Benzocaine may be used on any areas that develop sore spots. The back inside portion of the cheek is a common spot to develop a sore spot.

HOME CARE:

- Brush 3-4 times each day with a soft toothbrush using a circular motion.
- Be careful to brush above the crowns and on the appliance, these areas can trap foods.
- A water-irrigating device (on a low setting) may be used to clean around the appliance and at the gum line. Swishing with water can also help to dislodge food.
- Never put any foreign objects into the mouth to dislodge foods.
- Use your fluoride nightly as directed.
- Poor home care will cause an infection of the gums and may leave permanent marks on the teeth; these areas can then easily develop into cavities.

SPECIAL ISSUES:

Please call our office if you anything that is loose or broken.

- Wax may be used on any areas that may be sharp or uncomfortable.
- Sometimes the appliance can come apart with very wide opening (such as yawning). If this happens, open very wide and gently guide the rod back into the tube as you begin to close. Try to avoid letting the appliance come apart, and let us know if this happens often.
- To avoid damaging your Herbst, it is important to avoid:
 - Hard or sticky foods as described on your food list.
 - Playing with the appliance with your tongue or fingers.
 - Side to side movement of the lower jaw.
 - Placing foreign objects in the mouth.
- Please call our office if you have an unusual amount of discomfort this is not controlled by methods we have described.

GOOD LUCK ON YOUR ROAD TO A NEW SMILE!!