

You have a HERBST



PURPOSE

The Herbst appliance is used with braces to correct your "overbite" by helping the lower jaw and teeth to come forward to line up with the upper jaw.

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 with softer foods while you adjust. Often your back teeth will not come together initially like they did before the Herbst appliance was placed. Be patient, as the bite is corrected, the back teeth will begin to touch.



CLEAN & CARE

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 water flosser is an excellent device for flushing out food and debris. You'll want to spend at least 2-3 minutes brushing to get around all surfaces of the Herbst appliance and the braces, too. Remember to massage the gums with a toothbrush to remove any food sitting along the gumline.

WHAT TO EXPECT

Most of the time there is no soreness in the teeth when the appliance is placed, however, you may feel tenderness in your jaws. The screws on the side may irritate your cheeks at first. Until your cheeks "toughen up", you can use wax or cotton rolls on the metal area affecting your cheek. Thoroughly dry the metal and surrounding teeth then place wax on the metal. In addition, salt water rinses at night before bed will quickly heal sores. 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 fixed. Keep the screw in a plastic bag and bring it your next appointment.

Rarely, the Herbst appliance can come loose or break. If you have a problem with something coming loose or breaking, please call our office.

Orthodontic emergencies are rare! If you have any after-hours concerns regarding comfort, please call our office number and follow the prompts to leave a detailed message with our on-call clinical assistant. You will be promptly contacted regarding your concern. For non-urgent needs/questions, send an email to admin@keyserortho.com - emails will be responded to on the next business day.

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