



Associated
Orthodontists

EST. 1969



Herbst Appliance

The Herbst Appliance is a special product designed to correct your overbite by holding your lower jaw forward. Initially, this new device may feel a bit awkward. Your teeth may not fit together perfectly and chewing may be slightly different, but this will improve after a few weeks. For now, it is recommended that you eat soft foods, which do not require a lot of chewing.

The Herbst Appliance will be in for approximately one year.

During this time, you will have frequent appointments to observe your progress and make adjustments. Your bite will change over the next few months and you may notice small spaces between your lower teeth. These spaces will be closed with braces.

At first, your lips, cheeks and teeth may be sore. This is temporary and can be corrected with over-the-counter pain relievers, such as Tylenol® or Motrin®. You may also want to use a warm, salt-water rinse if you experience irritation on the inside of your cheeks and lips. This can be done several times a day. Placing cotton or wax over the irritated area will also help alleviate discomfort.

GreatBraces.com

FOODS TO AVOID

While you have a Herbst Appliance, there are certain foods to avoid, including anything sticky, chewy, hard or crunchy.

Some examples include:

- Gum
- Starburst®
- Bagels
- Caramels
- Skittles®
- Pizza Crust
- Taffy
- Hard candy
- Ice

Foods such as apples and uncooked carrots will need to be cut into small, bite-sized pieces. Eating these types of food can cause the appliance to become loose or break.

POTENTIAL CONCERNS

Occasionally, you may experience minor breakage of parts of the Herbst Appliance. This is due to the extreme forces of the jaws. If you experience any pain, contact Associated Orthodontists and we will correct the issue as quickly as possible.

