

Herbst Appliance

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Congratulations on having your new Herbst appliance delivered! This appliance will be in place for approximately twelve months. During this time, you should still come to regular visits at our office to check the stability of the appliance and to make adjustments. Here are a few things to remember about your Herbst appliance:

- It will take time to get used to this appliance. For some, it takes just a few days, but for others, it can take as long as a couple of weeks. Please have patience.
- If the appliance makes the insides of your cheeks sore, you can try using wax to cover the parts of the appliance that are bothering you. Benzocaine in Orabase may also help.
- Initially you should eat a softer diet. Do not try to eat steak or anything else that is difficult to chew in the first few weeks that you have the appliance.
- You should not chew ice or very sticky candy such as taffy while this appliance is in place.
- Keep the appliance and your teeth clean with a thorough tooth-brushing at least twice a day.
- Some patients can disengage the arms of the appliance if they open their mouths extremely wide. Do not do this on purpose. When yawning or singing, try not to open extremely wide. If the arms do become disengaged, you can try to reconnect them yourselves, or just call our office and we would be happy to fix them for you.