

HERBST INSTRUCTIONS



HOW WILL IT FEEL?

- At first, your mouth will feel unusually full and speaking can be awkward.
- You can try to practice reading aloud, your ordinary speech will return quickly.
- You may also notice more saliva than normal, this will decrease as you become accustomed to the appliance
- It may irritate the inside of your cheeks and lips, but the tissue will toughen up to the appliance within a week or two.
- You can put “Kenalog” in orabase (available from your pharmacy) on the inside of the lip or cheeks to help relieve any irritation.
- Sometimes there is tenderness of the teeth when the Herbst appliance is placed; but this normally disappears in a few days.
- Painkillers such as Panadol or Nurofen can help.

HOW TO CLEAN AROUND THE HERBST APPLIANCE

- Brushing should be 3 times a day, morning, after lunch or afternoon and before bed.
- Looking in the mirror can help you see where to clean until you are more familiar with the appliance.
- Brush thoroughly around all the crowns and especially under the lower bars.
- Try running some floss in the space between the outer bar and your teeth on the lower part of the appliance.

WHAT ABOUT EATING?

Chewing will be awkward at first. You may want to eat softer foods for a day or two but try to get back to normal over the first week.

FOOD IDEAS FOR NEW HERBST APPLIANCE

Soup, mashed potatoes, ice cream, yogurt, protein drinks such as up and go or sustagen, fish, pasta/rice

FOODS TO AVOID

Hard lollies like caramels, minties, fantaes, mentos, popcorn, nuts, cut food into smaller pieces (eg steak, carrots and apples)

BREAKAGES AND EMERGENCIES

Occasionally, a screw on your Herbst may loosen. You will have received an Allen key so that you may tighten or replace the screw if you are comfortable doing so.

There are four screws on your Herbst, two along the lower teeth and two on the upper teeth. You can attempt to carefully replace and tighten the screw back in the socket. However, as this is often not possible, it may be best to remove the loose arm mechanism and tighten completely by unscrewing the upper and lower screws (turning anti clockwise).

Please bring the loose arm with you for your appointment if possible and call us to make that appointment as soon as possible

HOW TO USE THE ALLEN KEY



Should one of the metal crowns come loose or a wire break, call our office as soon as possible for an appointment.



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