

### Herbst Appliance Instructions (with telescoping rods)

- When your Herbst is placed, it will change your back bite. It may take up to two weeks for your back teeth to touch, so be patient. You can expect this to occur after any appointments where your Herbst is advanced.
- This type of appliance holds your bite forward and may cause your jaw to be sore until your muscles are used to the new position. Eat softer food, take smaller bites of food and use Ibuprofen or a similar over the counter pain medication to reduce any soreness. Make sure you are getting your nutrients as your bite adjusts...if necessary drink Ensure shakes or other liquid supplements to keep yourself nourished and full.
- Use wax over the areas that irritate your cheeks. Use the wax only when needed so your mouth can get used to the appliance, for example, an hour on and an hour off. To apply wax, roll a small amount into a ball and push it gently onto the appliance.
- You will need to keep your appliance as clean as possible so be aggressive with brushing all around it; it will NOT break. Brush along the gum line to remove any trapped food particles so your gums do not swell and get puffy.
- Eating certain foods can damage your appliance. Avoid sticky, chewy and hard foods such as candy, ice or partially popped popcorn kernels. Slice hard vegetables or fruits into smaller pieces.

