

Herbst Appliance Instructions

The upper part to your "HERBST" appliance is bonded to your teeth so that we can influence your jaw growth more effectively. It will remain in your mouth for approximately 9 months. Since it is not removable, you should be aware of the following:

Appliance and Oral Hygiene

1. Brush all surfaces of the appliance thoroughly after each meal. The most important areas to brush are the ledges on the sides of the appliance and the underside of the lower piece. Use a **Proxabrush®** to help clean the ledges.
2. After brushing, rinse vigorously with **Peroxy®**, swishing it in your mouth for **two** minutes, and then spitting it into the sink. This should be done after each meal or as soon as you get home from school.
3. Use **Phos-Flur®** at bedtime after brushing. Swish **1 tsp. (5 ml)** thoroughly for one minute and then spit it into the sink. Do not rinse, drink or eat after using the Phos-Flur®.

Diet

1. Avoid **ALL** nuts, popcorn, and seeds while the appliance is bonded in. Also, limit drinking soft drinks, colas, and sports (energy) drinks. These drinks are highly acidic and may loosen the appliance or cause white spots (decalcification) or cavities.
2. Eating will be difficult so stay on a **soft** diet for the 1st week and cut your food into small bite-size pieces.
3. Avoid **Hard and Crunchy** foods such as ice and hard candies and **Sticky and Chewy** foods such as taffy, caramel, Tootsie Rolls, Starbursts, fruit chews, fruit roll ups and chewing gum.

Turns

1. Please turn as follows:
2. Be sure to take the key straight out at the back of the appliance after turning. *Do not accidentally bring the key forward at the end of the turn.*
3. Please refer to our website www.spokaneortho.com and Click on the  link and view the video entitled "Turning your Expander"

Other Important Things

1. There may be some discomfort and pressure in the face, nose and teeth. Ibuprofen can be used as needed. If pain is present for more than one week, stop turning and call the office.
2. Difficulty with speech is normal at first. Adaptation to the appliance through reading out loud and talking will improve speech. *Normal speech will occur in about one week.*
3. A space may open between your two front teeth. This is normal, so do not be concerned.
4. If the appliance becomes loose, contact our office. If you're still turning, stop. You can tell the appliance is loose if it no longer is attached to the teeth. It will move up and down and feel "spongy" when biting.
5. There will be an excess of saliva in your mouth for a few days. Close your lips and swallow the extra saliva. Do not slurp the saliva. The slurping can become a bad habit and will irritate others.
6. Ulcers will form on the inside of the lower lip from the screws. You may place wax on the screws to help with these ulcers or you may place raisins on the screws. This can also help to heal any ulcers.
7. Do not move lower jaw from side to side or remove lower from and teeth and pull on it because it will break the joint.

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