



GREAT SMILES

PEDIATRIC DENTISTRY & ORTHODONTICS

Herbst

A Herbst is an appliance used to accelerate the growth of the lower jaw and is used in combination with braces to help correct your child's bite. The Herbst normally stays in your mouth for 9-12 months with top braces, then it is removed and bottom braces are placed.

For the first few days after initial placement, you may experience discomfort or tenderness with your teeth, cheeks, and tongue. You may also notice more saliva than normal, but this will decrease as you become accustomed to the appliance. Working the jaw muscles will help to work out the soreness. Our doctors suggest chewing on a bite wafer or soft foods. Our doctors also recommend Tylenol or Motrin every 4-6 hours as needed for the first few days for discomfort or tenderness.

Your diet may need to be altered for 2-3 days after initial placement. Our doctors RECOMMEND eating soft foods (potatoes, macaroni and cheese, tuna fish, yogurt, ice cream, pudding, etc.). Remember to cut meats, vegetables, and fruits into small pieces when eating them. You may find it difficult to say certain words. Reading and singing out loud is helpful. Within a few days your speech will return to normal.

Please do not play with your appliance with your fingers, or pencils, flip it with your tongue, or slide your lower jaw from side to side, as any of these can cause the appliance to come loose or break. If you have any questions or concerns about your appliance, please contact our office.



828.274.9220



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