

## instructions for the herbst appliance



### what does the herbst appliance do?

A herbst appliance is an effective way to help correct large over bites in patients by re-posturing the lower jaw in order to stimulate forward growth.

It is made up of 3 separate parts:

1. Rapid Maxillary Expander (RME) used in the palate to widen the upper jaw
2. The lower jaw has a Lower Lingual Holding Arch (LLHA), which holds the lower teeth in place while the movements occur
3. Arms which help move the jaws into the desired position

### expanding your herbst

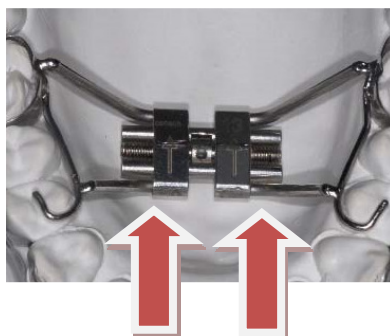
To create expansion with your herbst you will be required to use a key to turn it a few times a week (according to your orthodontist's instructions) If you miss a turn, just continue as if you did not miss one to avoid confusion. Turning is best done before bed so that you get used to the expansion over night while you sleep.



*Herbst key*

When expanding your herbst, it is easier to lie down on a flat surface with plenty of light so you can see clearly.

There is a tiny keyhole with arrows either side located in the center of the expander. These arrows show the direction the key needs to be pushed. Make sure you finish a full turn otherwise you will lose the hole for next time!



1. Place key in the front hole of the herbst with the handle touching the upper front teeth.



2. Push the key towards the back of the mouth. Stop when the handle will not go any further.



3. Remove the key by pushing downwards and backwards to avoid undoing the turn!

### what to expect

Minimal discomfort may be encountered as the herbst is being expanded, you may feel tightness or a pushing sensation which will subside after a few minutes. You may also feel some discomfort where the herbst arms rest on the lower teeth, if this is the case, position a cotton roll we have given you to act as cushioning here.

***\*Note- all side effects will improve with time and practice. Most people adjust quite well after the first week. So remember, things do get better, just give yourself time to get used to it***

### speech

In the first few days your speech will be altered and you will produce extra saliva. This will reduce with time and practice. Reading out loud for 5 to 10 minutes a day will help you get your speech back to normal again.

### can the herbst appliance come apart?

Yes it can. The rod in the herbst arm can slide out of the tubes if you open your mouth too wide. Simply open wide enough to slide it back in again. If there are any breakages, please try to keep all broken pieces and call us asap!

### eating

Eating will be difficult for the first few days, possibly up to a week. It is a good idea to cut all foods into small pieces. Avoid eating chewy lollies and sticky foods such as chewing gum, toffees, red skins, etc.

### cleaning your herbst

Your herbst should be cleaned every morning and night. Ensure sufficient time is allowed to clean thoroughly around the upper and lower parts, gums and teeth, 3 minutes is recommended.

Disclosing tablets are to be used once a week for the first month to identify problem areas with brushing technique. To use, brush your teeth as normal then chew on a tablet until it dissolves, rinse and spit out remains. Look in the mirror. Notice any areas that are stained pink- these have not been cleaned properly. Go back with your brush until all the staining has been removed. This is a great visual test to check what you're missing!

Drink plenty of water throughout the day. This helps to rinse any food trapped around your appliance after you eat. You can use the water bottle provided.

### what we give you today

- Herbst key- please keep it safe, if you misplace it, please let us know as soon as possible.
- 4 disclosing tablets- to aid in brushing, instructions found under "cleaning your Herbst".
- Toothbrushes- one for home and a travel toothbrush which can be kept in your school bag or the car.
- Toothpaste
- Wax- this gives your cheeks time to heal, remember to dry the area first. Place the wax on the metal part of which is causing the irritation.
- Cotton rolls- place inside your lower lip/cheek area to help stop the arms rubbing here.
- 3 minute timer- this is to be used each time you brush your teeth to ensure that you are brushing for the correct amount of time.
- Water bottle- drinking eight glasses of water a day is great for your body, great for your brain and great for your teeth. It dilutes the acids made from the plaque in your mouth and help to prevent cavities. ***\*Please note your water bottle is dishwasher safe and can be placed in the freezer to keep your water cool.***