

matthew s yeh · bds · ms · msph
specialist in orthodontics

Bellingham
(360) 676-9222

Stanwood
(360) 629-4500

Lynden
(360) 354-1349

HERBST APPLIANCE INSTRUCTIONS

WHAT TO EXPECT

Soreness of anchor teeth is quite common during the first week. Tylenol can be helpful. If soreness continues after seven days, please contact our office.

TISSUE IRRITATION

The metal parts may cause sore areas in your mouth. If necessary, we can show you how to put cotton rolls over your appliance to protect your cheeks. After two weeks, you will develop invisible "calluses" in your mouth, and the irritation will disappear.

MUSCLE TENDERNESS

This is common during the first week. Tylenol and a softer diet helps.

APPLIANCE BECOMES DISENGAGED

If you are able to open your mouth very wide, you may disengage the appliance on one or both sides. You can rethread the post inside the tube with your fingers. If you are unable to rethread it, we should see you within a few days to assist you.

EXPANSION SCREW (IF PRESENT)

Activate the screw with the key _____ turn every _____ days. Always tie floss around the key to prevent accidental swallowing.

APPLIANCE BREAKAGE

Call our office on the next business day. Often we can assist you over the phone. Otherwise, we will see you within a week to assess the extent of repair required.

ADVANTAGES

The major reason this appliance is so efficient is that it works 24 hours per day. On the other hand, it is a complex appliance that is more susceptible to breakage. **So Please! NO CRUNCHY FOODS . . .** such as corn nuts, jaw breakers, ice cubes **OR** pens and pencils. And **NO STICKY FOODS . . .** such as Sugar Daddies, taffy and caramels.