

Herbst Emergencies

Herbst emergencies may occur occasionally. However, they are simple to manage.

COMMON EMERGENCY	MANAGEMENT
Loose band or connecting rod	Call us to make an emergency appointment
Pain after getting Herbst fitted	It is normal to have discomfort for up to a week after having the Herbst fitted. The discomfort is both normal and temporary. A soft diet will be more gentle on the teeth. Mild pain relief may also be effective.
Discomfort while eating	After getting the Herbst fitted, there may be some initial discomfort while eating. A small amount of orthodontic relief wax makes an excellent buffer between the plate and your mouth. We recommend a soft diet initially while adjusting to the Herbst to make eating more comfortable.
Food caught around the Herbst	This is not an emergency, but can be a little uncomfortable or embarrassing. It is easily removed with an interdental brush (pikster).
Mouth sores	Some patients are susceptible to episodes of mouth sores. While the Herbst does not cause them, they may be precipitated by an irritation from the Herbst. One or several areas of ulceration of the cheeks, lips or tongue may appear. This is not emergency, but may be very uncomfortable for the patient. Prompt relief may be achieved by applying a small amount of topical anaesthetic (such as Orabase, Difflam Ora-Gel) directly to the ulcerated surface using a cotton swab. Reapply as needed. Warm Saline rinses daily can also be helpful.