



RODS HERBST

The appliance you received today, the Rods, is a non-removable orthodontic appliance that is used for the treatment of an overbite. The Rods were developed by Dr. Herbst in 1912 and is known in the orthodontic scientific literature as the Herbst appliance. Its principal function is to hold the lower jaw forward in a normal biting position by means of telescoping metal rods. The appliance creates a desirable facial change immediately, even though the muscles of the face may appear tense at first. These muscles will soon relax.

Typically, the Rods are worn for twelve months with adjustments every eight to twelve weeks to accomplish the forward movement of the jaw. The last two months will actually create an underbite as the teeth must be overcorrected in anticipation of some relapse when the Rods are removed.

At first, the lips, cheeks and teeth may become sore. Tylenol will help to relieve this discomfort. Since the upper and lower teeth do not usually fit together for the first two to four weeks, a softer diet is recommended for the adjustment period. Wax may be placed over any part that is irritating the cheeks. Attempt to dry off the area thoroughly with tissue before applying the wax. If the wax does not stay on, consider trying some moldable silicone ear plugs available at any drug store. The silicone can be used in the place of the wax and is much more tenacious. Please avoid hard, sweet, and sticky foods. Brush your teeth and gums, the appliance and the areas around the appliance carefully and often.

We truly appreciate and understand the difficulty you might have adjusting to the Rods. Once you have become accustomed to the appliance, we feel you will be very pleased with the rapid results. If you have any questions, please do not hesitate to call us.

Dr. Jasmine Gorton | Dr. Diana Schron | Board Certified Orthodontists