

CBJ APPLIANCE (GROWTH APPLIANCE)

Because your lower jaw is behind in growth compared to your upper jaw you have been fitted for a CBJ appliance (also called a Herbst appliance). The CBJ is designed to help your lower jaw grow forward and at the same time hold back your upper jaw growth. The beauty of the appliance is that it is cemented in your mouth so you don't have to remember to put it in! Because the appliance is new to your mouth there are a number of things you will have to get used to.

You probably will notice more saliva in your mouth at first. That should go away after a few days.

Because your jaw is positioned more forward, you may not touch any back teeth when you bite down at first. This will cause some difficulty in eating for about the first 4 to 7 days. Try to eat soft foods at first. Be patient and after a few days you will be able to eat just about anything!

You most likely will develop some sores on your cheeks in the areas of the lower screws. The sores will go away as soon as the tissue toughens. We have provided you with some silicone wax to put over the screws until that happens. Make sure the wax and screws are dry when you apply the wax. Be liberal with how much wax you place. ORABASE B medication can be used on the sore areas to keep them from hurting and to promote healing. PEROXYL mouth rinse also helps keep the sore areas clean. Both can be bought at the drug store.

Sometimes when opening very wide the rods can come out of the tubes. If this should happen simply open up wide, align the rod with the opening of the tube, and slide the rod back into the tube. After a few times you will be able to do this very quickly! If you should notice that the appliance "catches or sticks" when you open and close a rod may have become bent. Call the office to have it repaired.

Sometimes a screw may work itself loose. If possible, retain the screw and call the office. The screw does not need to be replaced immediately unless you are in pain. The muscles will hold the jaw in place for a few days if necessary.

Because the crowns are cemented on your teeth there is the possibility they could come loose due to strong forces on the appliance from chewing. If this should happen try to place the crown back onto the tooth and call the office immediately to have it repaired.

The CBJ will stay in your mouth for about one year. You will find that after one week the appliance will become much easier to get used to and will not interfere with your daily life.