

## The Herbst Appliance

The Herbst appliance is designed for patients whose upper jaws protrude past their lower jaws. Patients with smaller lower jaws are ideal candidates for this appliance. The main purpose of the Herbst is to anchor the upper jaw, allowing the lower jaw to 'catch up' in growth, thus producing an ideal overbite. Although the Herbst appliance may restrict the side to side mouth movement, it does not interfere with opening and closing of the mouth.



The Herbst is cemented to the upper and lower teeth (molars) and connected with metal rods. The appliance is generally worn for 6-15 months, depending on the patient. Braces generally follow when the Herbst is removed.



Initial acclimation to the Herbst appliance will take 1-2 weeks, with tenderness in the teeth, cheek muscles, and jaw joints. These side effects will subside as you become accustomed to the appliance.

Follow-up appointments occur every 6-8 weeks, depending on a variety of factors. During these appointments, we will adjust the appliance. If you experience problems or extreme discomfort with the Herbst appliance, please do not attempt to adjust it yourself. Call our office so we can make the necessary adjustments.



## Facts To Remember

- When cleaning your teeth, take extra time to clean around the appliance, paying particular attention to the area near the gum tissue. We recommend using fluoride rinse once daily while wearing the Herbst.
- When experiencing discomfort due to the appliance, rinse with warm saltwater to reduce tenderness in the mouth.
- If you open your mouth too wide and one of the metal rods disconnects, open wide and carefully guide the rod back into place as you close your mouth. If the screw or crown comes loose, collect the pieces and call us immediately.
- Avoid hard, sticky and sweet foods as they can damage the appliance.
- If you feel awkward speaking with the Herbst initially, practice reading aloud as your mouth adapts to the appliance.
- Do not be alarmed by the increase in saliva. This will go away as your mouth becomes accustomed to the Herbst.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_