



HERBST APPLIANCE

Your Herbst appliance is used to correct the front-to-back relationship of the upper and lower jaws. The rod and tube actually connect the upper and lower jaws and should not interfere with opening and closing your mouth or with eating. Movement from side to side is somewhat restricted.

WHAT TO EXPECT

- The bottom screws can irritate the lip. Your lip will toughen up like a callous but it will take a few days for it to happen. Place wax over the screws to make it smoother.
- When the lower jaw is brought forward, the back teeth do not come together like they did before the appliance was placed. These teeth will come together so that you chew normally in about a week or so. Please be patient. Plan on a soft diet the first few days.
- You may experience some tenderness in the teeth when the Herbst is placed. This tenderness is normally short lived and will disappear in a few days.

POSSIBLE BUT NOT PROBABLE

- If you open wide, the rods and tubes can pop apart. If they do, open wide again and place the rods and tubes back together. If you cannot get them together, leave them apart and call for an appointment for us to put them back together. If it is not causing any discomfort, you can wait until the next day or Monday if this occurs on a weekend.
- A screw could become loose. If this happens, you will have a rod or tube dangling in your mouth. Should this cause discomfort, call our office and we will replace the rod and tube. If there is no discomfort, you can wait until the next day or Monday if this occurs on the weekend.
- Since there is nothing indestructible we can put into the mouth, the Herbst can become loose or break. If you follow the list of dos and don'ts, it is unlikely you will have breakage. If you should have a problem with something coming loose or breaking, contact our office. If it is not causing discomfort and still functions, follow the instructions above. However, if you cannot function normally or if there is discomfort, please contact our office and we will correct the problem as quickly as possible.

We feel that the Herbst appliance is the quickest and best appliance to correct your bite problem. It is fully contained within your mouth and does not show. Anytime something new is placed in the mouth, it takes time to adjust. Please be patient during the adjustment period, it will be over before you know it!