

## Herbst Appliance

The Herbst appliance is used to correct the front-to-back relationship of the upper and lower jaws. The rod and tube are fixed to metal “caps” covering the first molars and connects the upper and lower jaws. This does not interfere with opening and closing your mouth or with eating. You might find side to side movement is somewhat restricted. Normally, the Herbst Appliance is worn from 9 to 12 months.



The Herbst Appliance is the best appliance to correct your bite problem. The Herbst works rapidly and efficiently - It is fully contained within your mouth so it is not visible during daily functions. Any time something new is in place in the mouth it takes time to adjust to it. Please be patient during the adjustment period; it will be over before you know it!

### ***Things To Get Used To:***

1. The bottom screws will irritate the lip. Your lip will toughen up like a callous but it will take a few days for it to happen. You can put Orabase on the inside of the lip and cheek where it is sore. You can also place orthodontic wax over the screws to make it smoother. You will be given cotton rolls to wear in the 1<sup>st</sup> week (or longer if necessary) while your cheeks get used to the screws. These cotton rolls are placed inside your cheek to keep your lip and cheek away from the screw while you are sleeping.
2. When the lower jaw is brought forward the back teeth do not come together like they did prior to the placement of the appliance. Those teeth will come together so that you can chew normally in about a week.

3. Most of the time there is no tenderness in the teeth when the Herbst Appliance is placed. Every once in a while a patient may feel some tenderness which is normally short lived. It will disappear in a few days. Whatever you take for headaches is beneficial to take during this time.

### ***Unlikely Issues (Be Aware)***

1. If you open very widely sometimes the rods and tubes separate. If they do, just open wide and put the rods and tubes back together. If you can not get them together, then you can leave them apart and call for a comfort visit so we can put them back together again. If the rods and tubes come apart, there is no need to panic - your muscles will hold your jaw in position until they can be repaired. If they are causing pain, call the office and we will put them back together as soon as possible. If you are having a problem with the rods and tubes disengaging regularly then please call the office and we will make the rods and tubes longer so that they will not come apart as easily.
2. Occasionally a screw may come loose, if this happens you will have a rod or tube dangling in your mouth. Call our office and we will replace the rod and tube. Just like a disengaged rod or tube, this is no cause for concern – But please contact the office as soon as possible so we can get your treatment back on track!
3. Infrequently the Herbst can come loose or break; there is nothing indestructible we can put in your mouth. If you have a problem with something coming loose or breakage please call us. If it is not causing you discomfort and you're able to function, you can wait until the next day or over the weekend.

***Please feel free to call or e-mail us with any questions you have!***