

HERBST APPLIANCE

WHY DO WE USE A HERBST APPLIANCE?

One of the most common problems orthodontics treat is the discrepancy that occurs when the upper teeth protrude beyond the lower. This condition is due to a small lower jaw that is further back than it should be. With these patients, this appliance helps to hold the upper jaw so that the lower jaw can catch up and move forward into the proper bite position.

COMBINANTION TREATMENT:

It is often necessary to expand the upper jaw while the lower jaw is brought forward. These two movements can be done simultaneously by combining the Herbst Appliance with a Rapid Palatal Expander (RPE). The RPE must be turned with a special key for several days until the upper jaw is wide enough. Your doctor will advise you about using the key and what to expect from this combination appliance. Please refer to Expander instructions.

INSTRUCTIONS:

Your Herbst Appliance may be uncomfortable for the first few days. If medication is needed, Tylenol or Advil should be sufficient.

At first your mouth will feel unusually full and speaking will be awkward but if you practice reading aloud, your ordinary speech will return quickly. You may also notice more saliva than normal, but this will decrease as you become accustomed to the appliance.

Even though the Herbst Appliance prevents the lower jaw from moving backward, opening and closing movement will still occur easily and patients should not have any problems with their lower jaw in this new position.

Don't play with the appliance with your tongue or fingers!

Use wax or small cotton balls on the four screws of the appliance to improve comfort during the first 1-2 weeks.

Use Peroxyl mouth rinse for the first 2 weeks to decrease discomfort from mouth sores.

As with all kinds of braces, patients with Herbst Appliances need to be careful about what they eat. Please refer to the Foods to Avoid list.

Avoid opening your mouth too wide, as this will separate the side arms of your appliance.

If this happens this is not an emergency, just call the office and someone will instruct you on how to correct this problem.

Your Herbst Appliance will be checked and adjusted at your appointments. If sometimes between appointments you develop some sore areas on the inside of your cheeks, please do not try to adjust the appliance. Call for an appointment so that the necessary adjustments can be made.