

Herbst

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The Herbst Appliance is used to enhance the growth of the lower jaw in a forward direction, while at the same time applying pressure to the upper jaw in a backwards direction. It can also be designed to allow expansion to the upper arch. This appliance helps to correct the front-to-back relationship of the upper and lower jaws. The Herbst stays in your mouth for 12 months.

The rod and tube that work like a shock absorber actually connect the upper and lower jaw. This really doesn't interfere with the opening and closing of your mouth, or with eating. You will find side-to-side movement is somewhat restricted. If you open wide and the appliance comes apart, open wide once more and guide the appliance back together again as you close. Or, use the Allen wrench provided to remove the lower screw, reconnect the rod and tube, and replace the screw.

The inside of your cheeks may be irritated by the appliance until these areas have built up calluses. Use wax and cotton rolls to help protect the soft tissue inside your cheeks.

It is best to sleep on your back as pressure on the cheeks can cause irritation. After the first few days you will find this is an easy appliance to wear.

You may notice after a few days that tenderness in your teeth, cheek muscles or near your jaw joints may occur. This is perfectly normal, and should last only three to seven days. Advil, Tylenol (or whatever over-the-counter drugs you commonly use for pain) will provide relief.



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