

HERBST APPLIANCE

The Herbst Appliance is a functional appliance used to encourage growth of the lower jaw by holding it forward. It addresses the problem of the upper jaw being positioned properly while the lower jaw is positioned too far behind the upper jaw. Advances in design and clinical techniques have placed the Herbst at the forefront as the functional appliance of choice in the correction of skeletal and dental class II malocclusions. NO MORE HEADGEAR!



Your Herbst Appliance

Your Herbst consists of crowns cemented over your back teeth like a thimble. The crowns have rods and tubes attached to them that hold your lower jaw forward moving teeth and stimulating growth. The rods and tubes can be adjusted throughout treatment to position your jaw and move your teeth as needed.

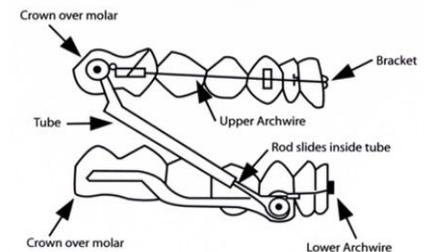
Adjusting to your Herbst

During your first week you will experience soreness as your jaw muscles, teeth and joints adjust to the new position. You may take over-the-counter pain medication as needed for the soreness. During this week you will want to eat softer foods as you adjust such as smoothies, yogurt, mashed potatoes, etc. You'll be back to normal in about a week or sooner.

Cleaning

In addition to brushing your teeth twice a day, you need to brush around the metal crowns, rods and tubes of the appliance. Continue to floss your teeth and pay special attention to floss between the metal structure of your Herbst and your teeth.

Herbst Appliance:



Call the Orthodontist if the Following Problems Occur

- If the hinges (the rod and the tube) come apart when you open wide or yawn, do not worry. Just go to a mirror, open wide and guide the rod back into the tube as you close down. Tell us if this happens frequently.
- If something breaks, comes unglued or bent, give our office a call as you will have to come in to have it repaired.

