



The Herbst appliance is used to correct the front-to back relationship of the upper and lower jaws. It encourages the lower jaw to grow by guiding it toward. Advancement of a short lower jaw is essential in obtaining a good profile, full smile, and a correct bite. The amount of growth modification obtainable depends on each individual's growth potential and cannot be predicted. The rods and tubes of the Herbst connect the upper and lower jaws. This connection does not interfere with opening, closing, or eating; but side-to-side movement usually is restricted.

THINGS TO GET USED TO:

- The bottom screws may irritate the inside of your lip, but your lip will toughen up in a few days. You can put Orabase or Brace Relief on the inside of the lip to relieve any irritation. You can also place wax over the screws to make them smoother.
- When the lower jaw is brought forward, your teeth may not come together as they did prior to placement of the Herbst. Upper and lower teeth will come together in about a week or so, at which time you will be able to chew normally. Please be patient, and cut food into smaller pieces during this period.
- Sometimes there is tenderness of the teeth when the Herbst appliance is placed; but this normally disappears in a few days. Medications you take for headaches are beneficial.
- An extra effort with tooth-brushing is required to remove food and plaque. Brush thoroughly around all the crowns and especially under the lower bars.
- Avoid chewing very hard or tough foods, which can damage the Herbst and result in discomfort and emergency visits.
- The Herbst appliance provides the best and fastest correction of your bite and profile. It is fully contained within your mouth and does not show. Whenever something new is placed in the mouth, it takes time to adjust. Please be patient—you will become accustomed to the appliance surprisingly soon.

POSSIBLE PROBLEMS:

- Please contact us if a screw, crown, or other part comes loose or breaks. If the problem is not causing pain and you can function, you can wait until the next day or after the weekend to call our office. However, if you cannot function normally or there is pain, please contact us promptly.

If your Herbst breaks, becomes loose, or is uncomfortable, please call us at (717) 637-4131.