

The Herbst Appliance

- Why the Herbst Appliance?
 - This appliance encourages the lower jaw to grow in a forward direction by positioning it forward and holding it there. It also has the ability to push the upper molars backward. We can control the difference.
- How will it feel?
 - At first, they may feel like a mouthful but within a week they will become quite comfortable. It may irritate the inside of your cheeks at first but soon the tissue will toughen up to the appliance and not be a problem. Please give us a call to report any prolonged cheek or tongue irritation.
- What about eating?
 - Chewing will be awkward at first. You may want to stay with softer foods for a day or two, but very soon you will be back to a normal diet. (With the exception of sticky and brittle foods)
- How long will I wear them?
 - Normally, the Herbst is in for a minimum of 12 months.
- What is the best way to get used to it?
 - First, do not play with it with your tongue or fingers. Secondly, do not fight it! Let your jaw go where the Herbst lets it. Do not try to force your jaw where it is difficult to do so.
- What is something that I report immediately?
 - If a rod gets stuck inside a tube, limiting movement of your jaw.
 - Crowns that come loose from the tooth.
 - Any other breakage such as a loose screw.

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