

HERBST APPLIANCE

The Herbst appliance is used to correct the front-to-back relationship of the upper and lower jaws. The rod and tube connects the upper and lower jaws. This really does not interfere with opening and closing your mouth or with eating, however, you might find side to side movement is somewhat restricted.

What to expect

1. The bottom screws will irritate the lip. Your lip will toughen up like a callous, but it will take a few days for it to happen. You can put Orabase on the inside of the lip and cheek where it is sore. You can also place wax or already chewed gum over the screws to make it smoother. Rinsing with warm salt water and using Glyoxide or Peroxysyl will make you feel much better. You will be given cotton rolls to wear in the 1st week (or longer if necessary) while your cheeks get used to the screws. These cotton rolls are placed inside your cheek to keep your lip and cheek away from the screw while you are sleeping.
2. When the lower jaw is brought forward, the back teeth do not come together like they did prior to the placement of the appliance. Those teeth will come together so that you can chew normally in about a week.
3. Most of the time there is no tenderness in the teeth when the Herbst appliance is placed. Occasionally a patient may feel some tenderness, which is normally short lived. It will disappear in a few days. We have found Ibuprofen and Tylenol work best

Some items to watch for

1. If you open very wide, sometimes the rods and tubes can pop apart. If they do, just open wide and put the rods back into the tubes. If you cannot get them together, you can leave them apart and call for an appointment for us to put them back together. If they are apart and not causing any discomfort, the rods and tubes can wait until the next day or over the weekend if necessary, as the muscles will hold the jaw in position. If you are having a problem with the rods and tubes disengaging quite often, please call the office and we will make them longer so that they will not come apart as easily. We hesitate to do this, as we do not want to move your jaw too far or too fast because it grows better if we move it gradually.
2. Occasionally a screw can come loose. If this happens you will have a rod or tube dangling in your mouth. If this is not causing any discomfort, it can wait until the next day or over the weekend if necessary, just like the rods and tubes. If you are in discomfort, please call the office and we will replace the screw, rods and tubes.
3. Infrequently the Herbst can come loose or break; there is nothing indestructible we can put in your mouth. If you have a problem with something coming loose or breakage, please contact the office. If it is not causing you any discomfort and you can function, you can wait until the next day or over the weekend. However, if you cannot function normally or there is discomfort, please contact the office and we will correct the issue as quickly as possible.

The Herbst appliance is the quickest and we feel, the best appliance to correct your bite problem. It is fully contained within your mouth and does not show. Any time something new is placed in the mouth, it takes time to adjust to it. Please be patient during the adjustment period, it will be over before you know it

Your patience and your care will be rewarded with an excellent result!