

Herbst Appliance



- ◆ A Herbst appliance is used to bring the lower jaw forward into the correct position to achieve a more ideal bite relationship and is usually **worn for 10-14 months**.
- ◆ The Herbst is a fixed appliance that is permanently cemented in the mouth.
- ◆ At first, your bite will *feel awkward* and it may impact your speech.
- ◆ Eating will also seem different at first, but **within a few days you will adjust to your new jaw position**.
- ◆ **It is critical to keep the Herbst very clean with thorough toothbrushing** after each meal or snack. Check the *entire appliance carefully* after each brushing to be sure it is **shiny**. If plaque bacterium is allowed to remain on the appliance it will appear dull and may cause sores to form in the mouth. **Please call the office if any open sores develop on the inside of the cheeks.**
- ◆ Rinsing with *warm salt water* several times a day (1 tsp. salt to 1/2 cup water) will help your cheeks adjust to the new appliance and also help to prevent sores during the initial adjustment period. There are also products available through our office that can help ease the initial discomfort.
- ◆ If anything becomes loose, it is very important to **call the office** as soon as possible.
- ◆ **KEEP IN MIND THAT EACH VISIT IS ONE STEP CLOSER TO A BRIGHTER SMILE!**