

HERBST APPLIANCE



What does the Herbst do?

The Herbst appliance is used when a growing individual has too much overjet (your upper teeth stick out beyond your lower teeth). Typically, it is left in place for 8 months to 1 year. The Herbst creates a force that restrains the growth of your upper jaw while encouraging the growth of your lower jaw. This provides the best and most discrete correction of your overbite and profile.

How will it feel?

You might feel like you're talking a bit funny at first, but with practice the appliance should not interfere with opening, closing, or eating. You may feel some irritation where the appliance rubs on your cheeks and gums and tenderness of the teeth and muscles as your lower jaw is redirected.

What does it look like?

It is fully contained inside your mouth. A band or crown fits around your upper and lower molar teeth. A rod is attached to these bands/crowns that causes you to hold your lower jaw forward.

Troubleshooting:

Discomfort: The bottom screws may irritate the inside of your lip, but your lip will toughen up and most discomfort will disappear in a few days. You can place wax over the screws to make them smoother. You may find it helpful to use over-the-counter pain medications to ease any pain (be sure to follow the dosing directions on the bottle).

Brushing: Extra effort is required to remove food and plaque from around the appliance. Brush thoroughly around all the crowns and especially under the lower bar. Avoid chewing very hard or tough foods, which can damage the Herbst and result in breakage and emergency visits.

Breakage: Occasionally, a screw, crown, or other part of the Herbst may come loose or break. Please contact us promptly if you cannot function normally or there is pain, otherwise you can wait until the next business day.

*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.*

