

# HERBST

Your Child has just received a Herbst Appliance. The Herbst appliance is used to enhance the growth of the lower jaw in a forward direction, while at the same time applying pressure to the upper jaw in a backwards direction. Expansion may also be achieved in the upper jaw if desired. A tube and rod work together similar to a shock absorber to connect the upper and lower jaws. This does not interfere with opening and closing the mouth or with eating. Side to side movement is somewhat restricted.

## **EXPECTED SENSATIONS:**

At first, you may notice some tenderness to your teeth, the muscles in your cheeks, and near your jaw joints. This is normal and should begin to disappear within 7-10 days. If it persists longer, please call our office. Rinsing with warm salt water will help take away the tenderness.

## **SPECIAL INSTRUCTIONS:**

Be sure to thoroughly clean your Herbst appliance. A water pik is very helpful. (If the rod slides out of the tube while opening, open wide again and guide the rod back into tube as you close.) Shifting your lower jaw side to side will loosen or break the appliance. If a screw or crown comes loose, save all pieces and call our office prior to your appointment date so we can repair your appliance.

## **DO NOT EAT:**

Popcorn  
Ice  
Chewing Gum  
Sticky Foods (Caramel/Taffy/Ect.)  
Hard Foods (Nuts/Jolly  
Ranchers/Ect)

**SPECIAL REMINDER:**  
WITH EXCESSIVE BREAKAGE  
THERE MAY BE ADDITIONAL  
CHARGES AND WILL DELAY YOUR  
TREATMENT.

