

Herbst Appliance



What is it? The Herbst is a fixed functional appliance that is used with braces to reposition the lower jaw into the proper position.

How does it work? The Herbst repositions the lower jaw in a more forward position while you are growing. As you continue to grow, while wearing the Herbst, the jaws are brought into a better balance with each other giving you a more attractive profile and a better bite.

How long do I wear it? Typically, you need to wear it for 10-14 months. You will be seen every 6-12 weeks to make adjustments.

What will I experience?

Eating

- It will take about 1 week for you to be able to eat comfortably. During this time, eat softer foods and cut your food into smaller pieces.
- Avoid chewing gum and caramels since they can loosen your Herbst. Very hard food such as chewing on ice cubes will bend the appliance and cause the glue to loosen.

Speaking

- Practice speaking a lot. Read out loud. The more you talk the sooner you will sound “normal.”

Cheeks

- You may get sores on your cheeks during the first week.
- Use cotton rolls in your lower cheek at night while sleeping to help give your cheeks a rest.
- Apply OraBase to dry cheeks as needed if they are sore.
- Rinse with warm saltwater 2 times per day (1 teaspoon of salt in 6oz. of water – rinse 60 sec.)

Problems

- If a screw comes loose or a silver band/crown comes loose from the tooth, call the office. This is not an emergency unless you are uncomfortable. Bring any loose parts with you to your next visit since they can be used to repair your appliance. The appliance is very expensive to replace.
- You will notice some tenderness of your teeth, jaw joints or jaw muscles. This is normal and should only last 3-7 days. Taking Tylenol or Advil should give you some relief.

Brushing

- Brush your teeth and your appliance after each meal.