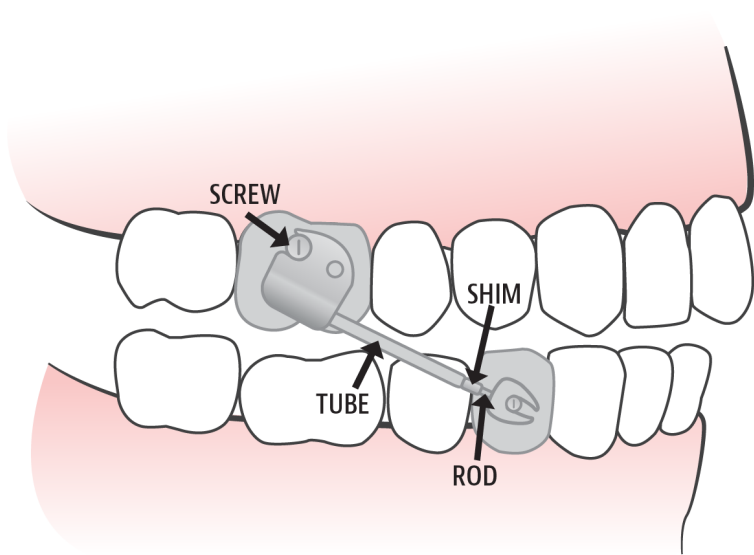


ALL ABOUT YOUR HERBST APPLIANCE



WHAT IT DOES

The Herbst Appliance is used to help correct an overjet. It pushes the lower jaw forward, typically for 12 to 15 months. Even though the Herbst Appliance prevents the lower jaw from moving backward, opening and closing movements should still occur easily. Patients rarely have problems learning to chew food with the lower jaw in this new position.

WHAT TO EXPECT

At first, your mouth will feel unusually full and speaking will be somewhat awkward, but if you practice reading aloud, your ordinary speech will return quickly. You may also notice that your back teeth might not meet, but this will improve as you become accustomed to the appliance.

CARING FOR YOUR APPLIANCE

As with all kinds of braces, patients with Herbst appliances need to be careful about what they eat. For instance, cold foods such as ice and ice pops will freeze the cement and loosen the braces. Sticky foods, such as caramels and bubble gum, will pull the braces away from the teeth. Hard foods like crisp vegetables and hard candies will bend and loosen the Herbst Appliance.

We will check and adjust your Herbst Appliance. If you develop sore areas on the inside of your cheeks between visits, do not try to adjust the appliance yourself. Call the office so that proper adjustments can be made.

STILL HAVE QUESTIONS?

Visit our website or call us! We would be happy to answer your questions or address any concerns you have.



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