

THE HERBST APPLIANCE

WHY THE HERBST?

This appliance encourages the lower jaw to grow in a forward direction by positioning it forward and holding it there. It also has the ability to push the upper molars backward. We can control the difference.

HOW WILL IT FEEL?

At first, they may feel like a mouthful but within a week they will become quite comfortable. It may irritate the inside of your cheeks at first but soon the tissue will toughen up to the appliance and not be a problem. Please call us to report any prolonged cheek or tongue irritation.

WHAT ABOUT EATING?

Chewing will be awkward at first. You may want to stay with softer foods for a day or two. But very soon you will be back to a normal diet. (With the exception of sticky and brittle foods, of course).

HOW LONG WILL I WEAR THEM?

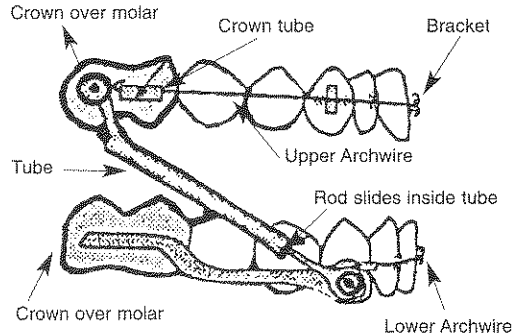
Normally, the Herbst Appliance is in for a minimum of 12 months.

WHAT IS THE BEST WAY TO GET USED TO IT?

First, don't play with it with your tongue or fingers. Secondly, don't fight it! Let your jaw go where the Herbst lets it. Don't try to force your jaw where it is difficult to do so.

THINGS TO REPORT IMMEDIATELY

- A. If a rod gets stuck inside a tube limiting movement of your jaw.
- B. Crowns that come loose from the tooth.
- C. Any other breakage.
- D. Screw becomes loose.



YOU'RE NOW ON YOUR WAY TO A GREAT SMILE! CALL US ANYTIME, WE'RE HERE TO HELP.
732-477-1808