

## **CANTILEVER HERBST APPLIANCE**

***The Herbst appliance is a device that helps improve the way your upper and lower jaws and teeth fit together.***

*The Herbst 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. It can also be designed to allow for expansion of the upper arch. This appliance helps to correct the front-to-back relationship of the upper and the lower jaws.*

*A rod and tube that works like a shock absorber actually connects the upper and lower jaws. Each rod slides up and down within the tube. This really does not interfere with opening and closing your mouth, or with eating. Initially you may find your back teeth do not touch. This is a temporary condition. Cutting your food into small bites will help your chewing ability. You will find side-to-side movement is somewhat restricted. If you open wide and the appliance comes apart, look in a mirror, open very wide and slip the rod into the tube and gently close. Do not force your jaws together. If a screw or crown comes loose, save all pieces and call our office so we can repair your appliance.*

*You may notice some tenderness to your teeth, and even some of the muscles in your cheeks, and near your jaw joints. This is perfectly normal, and should begin to disappear within a week. Tylenol (or whatever your commonly use) should give you some relief.*

*The inside of your cheeks may be irritated by the appliance until these areas have built up calluses. Placing soft wax over these places will help, rinsing with warm salt water will also help. You may also try placing medicated gel (like Orabase) on the sore spots. It is best to sleep on your back as pressure on the cheeks can cause irritation to the inside of them. After the first few days you will find this is an easy appliance to wear.*

*Toothbrushing with your Herbst appliance requires some extra time. Brush thoroughly all around and leave no food trapped under the tubes. A water irrigator, such as a Water Pik, will definitely help. Once you've brushed and rinsed then brush again with fluoride gel. Do not rinse after you finish this brushing.*

*Normally the Herbst appliance is used for approximately 12 to 14 months.*