

## HERBST APPLIANCE

- The Herbst appliance is a growth appliance that takes the place of headgear.
- It can help a slower growing lower jaw catch up to a faster growing upper jaw. This in turn makes for less tooth movement when you reach the full braces stage.
- An expander and partial braces can be combined with the Herbst to maximize the growth potential.
- The bars are telescopic and designed to stay together, you will still have a wide range of motion.
- There is a typical adjustment period of 3-5 days. Some soreness at the gums may be expected.
- Proper care includes thorough brushing around the appliance.
- Chewing food can be strange at first since your teeth no longer contact the way you're used to. Cutting up food and eating a softer diet initially will help adjust when eating. Please avoid sticky, chewy, and hard foods.
- The bars are connected for about 1 year. When it is removed, full braces will begin the same day.

