

Herbst Appliance

A Herbst appliance is securely attached to your child's molars, featuring a metal tube that connects the upper and lower jaw. Through the adjustment of this tube, your orthodontist can effectively manage and rectify the front-to-back relationship between the upper and lower jaws. The utilization of this appliance proves beneficial in advancing a shorter lower jaw, ultimately achieving a well-defined profile, a complete smile, and a properly aligned bite.



The typical duration of treatment with a Herbst appliance is 12 months, although this may vary based on your child's individual needs. The extent of growth modification achievable is unique to each individual and cannot be precisely predicted.

While the rods and tubes (connections) of the appliance do not impede opening, closing, or eating, SIDE-TO-SIDE movement is typically restricted.

Diet:

To alleviate any muscle soreness, especially in the initial weeks after getting the appliance, it is advisable to consume softer foods. Additionally, it is crucial to avoid sticky foods like candy and gum, as well as hard and crunchy foods, which can potentially damage the appliance and prolong treatment time.

Problems:

- If the rods and tubes disengage, try opening your mouth wide and reconnect them. If unsuccessful, leave them apart and contact our office for an appointment. If disengagement occurs frequently, adjustments may be made to the rod length.
- For issues like loosening or breakage, reach out to us if a screw, crown, or any other part becomes loose or breaks. If it causes pain but you can still function, you may wait until the next business day or after the weekend to contact the office. However, if normal functioning is compromised and there is pain, please contact us promptly.

Although the Herbst appliance is constructed from rigid metal, it is essential to recognize its fragility. Please adhere to the provided guidelines regarding food and function to prevent breakage, as it may lead to an extension of the treatment time and incur additional fees.