

# Herbst Appliance

A Herbst appliance is fixed to your/your child's molars. It includes a metal tube that connects the upper and lower jaw. By adjusting the tube, your orthodontist is able to control and correct the front-to-back relationship of the upper and lower jaws. Using this appliance helps in advancing a short lower jaw to obtain a good profile, a full smile and a correct bite.



**Typical treatment time with a Herbst appliance is 12 months**, though this may vary depending on your child's unique needs. Also, the amount of growth modification obtainable depends on each individual's growth potential and cannot be predicted.

**While the rods and tubes (connectors) of the appliance do not interfere with opening, closing or eating SIDE -TO-SIDE movement is usually restricted!**

## Diet:

Eating softer foods will help with any muscle soreness, especially after the first week or two after getting the appliance. It is also important to eliminate sticky foods, like candy and gum, or hard crunchy food, which can damage the appliance and lengthen treatment time.

## Problems:

- **Rods and tubes disengaging:** Open your mouth wide and put them back together. If you are not able to do that, leave them apart and call our office for an appointment. If this happens too often, we will make the rods longer.
- **Loose or breakage:** Contact us if a screw, crown or other part comes loose or breaks. If it is not causing you pain and you can function, you may wait until the next business day or after the weekend to call the office. **However, if you cannot function normally and there is pain call us promptly.**

While the Herbst appliance is a rigid metal appliance please note **it is fragile**. Please follow food and function guidelines you have been given to avoid breakage which could extend treatment time and result in additional fees.