



HERBST APPLIANCE

- Herbst appliance is designed to encourage the lower jaw to grow in a forward direction by positioning it there and holding it.
- The appliance is worn for a minimum of 12 months.
- Initially the Herbst may cause some soreness to the cheeks and jaw muscles. A pain reliever (eg. Advil) may be helpful to relieve any temporary discomfort. Warm salt-water rinses can increase the healing of soft tissues.
- Talking and eating comfortably will take some time to become accustomed to. A soft diet is recommended while you adjust.
- Please call our office as soon as possible if any part of the appliance becomes loose or broken.

