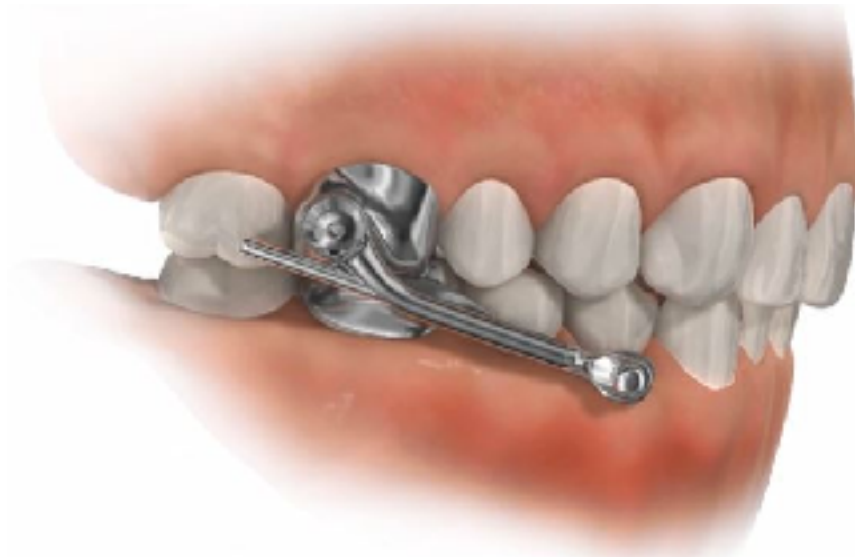


Herbst Appliance



A Herbst Appliance is used to correct an overbite by helping the lower jaw to develop in a forward direction.

Therefore, it is usually timed to coincide with the pubertal growth spurt. Even though the Herbst prevents the jaw from moving backward, opening and closing still occur easily and you will learn how to eat your food with your jaw in this new position very quickly. Softer food will help you get used to your Herbst initially, but hard and sticky foods should be avoided throughout your treatment as it can damage your appliance.

The expander should be turned once on the days marked below:

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday

CLEANING

Brush your teeth as you normally do, but pay special attention to the metal bits around your teeth. You should also clean the screw hole to make it easier to see.

SWALLOWING

The first few days you will create extra saliva. Swallowing will be a bit hard and your speech might be affected. This will improve after a couple of days.

SORENESS

Your Herbst may rub on your cheeks and cause some muscle soreness. This will fade as your mouth adapts, but until then wax or cotton wool can be used.



Total Duration

Usually a Herbst is glued in for about 9 months in total.



Turning the Key

1. Open the key
2. Place the key in the front hole at the tail of the arrow
3. Push in the direction of the arrow keeping the handle flat
4. Wiggle out the key towards the back of the throat
5. A new hole should be visible