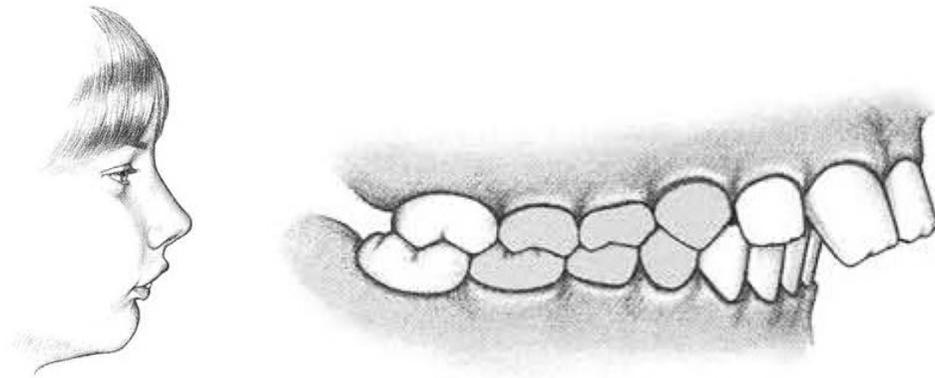


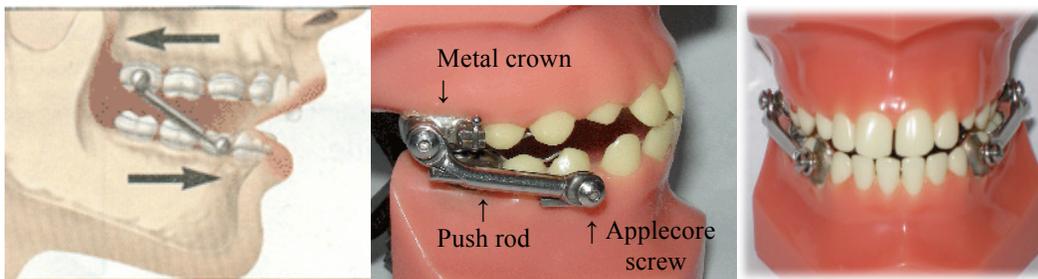
HERBST APPLIANCE

One of the problems faced by many patients is an excessive overjet. Outside the dental profession, this is commonly referred to as an excessive overbite. Patients notice that the upper teeth are well ahead of the lower teeth leaving a gap in between. They may also have a difficult time keeping their lips together. Depending on the severity of this excess overjet, patients may have difficulty chewing or speaking properly. Reasons for this can be both genetic and developmental. One situation is when the upper jaw grows too much and / or a lower jaw does not grow enough. One approach to reduce the excessive overjet is to use the Herbst Appliance. Used at the appropriate time when growth still remains, the Herbst allows the doctor to: reduce the overjet, advance the lower jaw, restrict the growth of the upper jaw, and improve the patient's overall facial profile.



What Is A Herbst And How Does It Work:

Herbst is an appliance that uses metal push rods that very slowly push the lower jaw forward without the need for patient effort. Over time, this pressure holds the upper jaw from growing forward and moves the lower jaw joint forward into an improved position. The push rods connect the upper metal crowns to the lower crowns by 4 smooth applecore screws. Every 4-6 weeks, new advancing shims are added to the push rods to continue pushing the lower jaw forward until the overjet is eliminated.



Push rod



Applecore screw



What You Will See:

During the advancement, you will notice an opening of the bite where you will be able to see your upper and lower teeth. Over the 12 months that the Herbst is in, you will see your excess overjet reduce until your upper and lower front teeth touch. Typically after removal of the appliance, you will see your lower jaw “relapse” or move back 1-2mm from the finishing position.

How It Feels:

At the initial placement, you will feel slight bulkiness in the back cheek area where the metal rods are attached to your molars. You will also feel your bite is slightly open due to the metal crowns around your molars. You will get used to these new sensations within 3-7 days of placement. During the jaw advancement, you will feel a slight forward pressure. Any discomfort that you may experience will last approximately 3-7 days. Mild over-the-counter pain relieving medication such as Tylenol, Advil, or Motrin is very effective in making you comfortable. Chewing and speaking may be different during the advancement, but should return to normal within 1-2 weeks.

How Long Will I Need To Wear The Herbst:

Typically, the Herbst will be worn for approximately 12 months. The advancement portion of the treatment will only last from 6-9 months. After the desired position has been achieved, the appliance will be held in place for approximately 4-6 months to allow the bones, muscles, and joints to adapt to this new position. After evaluating the stability and positioning of the joint with radiographs, we will then remove the appliance.

Instructions:

- Eat softer, non-sticky foods to prevent loosening the appliance.
- Brush the appliance to prevent bacteria from growing on the appliance.
- Check daily for any appliance breakages.
- Watch opening your mouth too wide (big yawns), to prevent dislodging the push rods.

Breakage And Potential Problems:

Minor issues may occur while the Herbst is in the mouth. Please call the office if you have any questions, problems, or concerns. Before you can get to the office, the following remedies may help have you get comfortable. Save any loose parts and bring them with you to the repair appointment.

- If the *crowns become unglued*, gently push the crown back onto the tooth and avoid eating on that side of your mouth until the doctor cements it. Do not try to cement it back by yourself.
- If a *cheek is irritated*, place wax on the metal portion of the Herbst, place Ora-base on your irritated cheek,
- If the *push rods become dislodged*, slowly open wide and place the smaller lower rod into the larger tube connected to the upper crown. If it does not easily slide in, do not force it because bending the push rods will result in destroying the entire appliance.
- If an *applecore screws become loose*, attempt to screw to the applecore with the Herbst arm into the hole using a small Allen wrench. Make sure you do not strip the threads of the screw.
- If a *metal weld becomes broken*, place wax over the area of the broken joint and call our office to schedule a repair appointment. Please bring any loose parts from the breakage. If the breakage is severe, an impression may need to be taken to have the laboratory make a new appliance for a nominal repair fee.