



Herbst

Purpose:

The Herbst appliance is used to correct overbites (gap between the upper and lower front teeth). It does this by placing a forward force on the lower teeth and jaw and an opposite force on the upper teeth and jaw. It is a “fixed appliance” which means it stays in the mouth. Because it is fixed, successful outcomes are very predictable.

What to expect:

Typically there is very little pain or discomfort. The biggest adjustment initially is eating while you are getting used to the Herbst. Most people adapt to this fairly well within the first few days. Approximately 10% of patients develop small sores on the inside of the lower lip or cheeks as they are adjusting to the appliance. These usually resolve within a couple of days. It may help to rinse with salt water if you experience these sores.

Tips:

1. Be patient. The Herbst will feel very awkward initially (talking, eating and swallowing). This is normal and you will adapt within the first few days.
2. Do not play with the Herbst by opening wide to disengage the arms or shifting your jaw back and forth excessively. The device is sturdy but it can break if you do this.

Upper Expander

Purpose: The purpose of the expander is to widen the jaw. The expander works by slowly moving apart the two bones that form the palate. Once the jaw has been widened to an ideal width, the expander will remain in place for some time while new bone fills in the gap to stabilize the correction.

Use and Care: Typically the upper expander is turned once a day for 14 consecutive days after placement. At subsequent appointments, you will be instructed how many more turns are needed. Make sure to turn the expander a complete turn until the next hole in the expander comes into full view (we will show you what this means).

What to expect: When the expander is turned, you may feel some tightness in the roof of the mouth for a couple of minutes. You may also eventually see space develop between your two upper front teeth. This is normal and means that the expander is working. We will close the space once the expansion is complete.

Tips:

- To adapt more quickly, you may consider reading out loud for the first couple of days
- Swallowing will feel awkward at first but feel better as you adapt to the expander

Turning instructions: Turn the expander once a day for 14 consecutive days

For more information on the Herbst, please see “Ask Joe” at nelsonsmiles.com.