



Burkhardt • Pecora orthodontics

HERBST APPLIANCE

You have just been given a Herbst appliance that is “fixed” or glued in place. This appliance is used to hold the lower jaw forward resulting in a stimulation of lower jaw growth. It is typically left in place for a period of nine-to-twelve months, depending on the severity of the overbite.

This appliance consists of an upper portion attached to the upper molars and a lower portion attached to the lower molars and bicuspids. A plunger extends from the upper component to the lower component. These plungers guide the lower jaw into a more forward position, decreasing the overbite.

We ask that you follow the same dietary recommendations that are followed for patients that have full braces. Avoid foods that are sticky in nature (such as gum and caramel), as well as foods that are hard (such as ice, hard candies, popcorn and pizza crust).

Initially, some sensitivity of the teeth may be experienced. This is to be expected and should last for a few days. Some irritation of the cheeks may result from the plungers, especially in the area of the back teeth. Application of wax to the end of the plunger frequently relieves any discomfort and allows the mouth to adjust to the new appliance.

Should you suspect that this appliance has become loose, contact our office to schedule an appointment.