**HERBST APPLIANCE**

 The Herbst is a hinged orthopedic appliance. It is designed to hold the underdeveloped lower jaw forward in the normal biting position, while still allowing the mouth to open and close. As the lower jaw is being held forward, development occurs so that the lower jaw is brought into a more proper relationship with the upper jaw.

 Your lips and cheeks will not be used to the Herbst appliance at first. The muscles that open and close your mouth may also get tired. In addition, the bite will feel different and when you bite down all the teeth will not touch. You may also notice spacing between some of the teeth, which is normal. It may take a few days for you to feel completely comfortable.

Some DO’S and DON’TS…

**DO:**

1) Brush your teeth after each meal and before you go to bed at night.

2) Eliminate hard, crunchy and sticky foods from your diet.

3) Cut up stringy food such as lettuce, celery and spinach.

4) If you notice that the Herbst has become loose or if you lose a part of the appliance, please phone our office immediately for an appointment.

**DON’T:**

1) Don’t open your mouth too wide or play with the arms as this may cause the appliance to break or become damaged.

 Without your cooperation with the above instructions there can be little, if any, improvement. With good cooperation, you can achieve the maximum result in a minimum amount of time. Teamwork between the patient, the parents, and the orthodontist is essential in order to obtain the best results. If you have any questions, please do not hesitate to ask at your next appointment or just call our office.