

KATHLEEN
VALENCIA
ORTHODONTICS



HERBST APPLIANCE
(Affectionately known as the "Shock Absorber")

The Herbst appliance is used to correct the front-to-back relationship of the upper and lower jaws. The rod and tube that is affectionately called "the shock absorber" actually connects the upper and lower jaws. This does not interfere with opening and closing your mouth or with eating. You might find side-to-side movement somewhat restricted.

Things You Will Need to Get Used To

1. The bottom screws will irritate the lip. Your lip will toughen up like a callous but it will take a few days for it to happen. You can put Orabase on the inside of the lip and cheek where it is sore. You can also place wax over the screws to make it smoother. On rare occasions it may be necessary for us to give you cotton rolls. These cotton rolls are placed inside your cheek away from the screw while you are sleeping.
2. When the lower jaw is brought forward, the back teeth do not come together like they did prior to the placement of the appliance. Those teeth will come together so that you can chew normally in about a week, so be patient.
3. Most of the time there is no tenderness in the teeth when the Herbst appliance is placed. Every once in a while, a patient may feel some tenderness which is normally short lived. It will disappear in a few days.

Possible But Not Probable Problems

1. If you open very wide, sometimes the rods and tubes can pop apart. If they do, just open wide and put the rods and tubes back together. If you cannot get them together, then you can leave them apart and call for an appointment for us to put them back together again. If the rods and tubes pop apart but are not causing any pain, they can wait to be put back together until the next day or over the weekend until Monday because the muscles will hold the jaw in position. If they are causing pain, call the office, and we will put them back together as soon as possible. If you are having a problem with the rods and tubes disengaging quite often, then please call the office and we will make the rods and tubes longer so that they will not come apart as easily. We don't like to do that unless it is necessary because we don't want to move your jaw too far, too fast because it grows better if we move it gradually.

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2. Occasionally a screw may come loose, if this happens you will have a rod or tube dangling in your mouth. If this is causing pain then call our office and we will replace the rod and tube. If the screw is not causing pain, then it can wait until the next day or over the weekend until Monday, the same as if the rods and tubes had disengaged.

3. Infrequently the Herbst can come loose or break. There is nothing indestructible we can put in your mouth. If you have a problem with something coming loose or breakage, please contact our office. If it is not causing you pain and you can function, you can wait until the next day or over the weekend. However, if you cannot function normally or there is pain, please contact the office and we will correct the problem as quickly as possible.

The Herbst appliance is the quickest and we feel that it is the best appliance to correct your bite problem. It is fully contained within your mouth and does not show. Any time something new is placed in the mouth it takes time to adjust to it. Please be patient during the adjustment period, it will be over before you know it.