

## **Telescoping Herbst Orthopedic Appliance**

Today you have been given a Telescoping Herbst Orthopedic Appliance to correct your lower jaw misalignment. There are several types of Herbst Appliances with variations in construction. This appliance is constructed of stainless steel crowns and metal sidebars. Some appliances may also have an expansion screw in the middle of the palate to help widen the upper jaw.

A period of adjustment is to be expected. Since the lower jaw is usually positioned forward, your back teeth may not touch. Therefore, chewing food must be done by using your front teeth. Softer foods and smaller bites are recommended during the first few days of adjustment. Any discomfort can be relieved by taking whatever pain medication the patient usually takes (ex: Tylenol, Advil ect...)

Cleaning around the Herbst Appliance is very important. Extra time and care should be taken when brushing the teeth and metal parts of the appliance. If there are any problems opening or closing, carefully open wide and gently adjust the arms. Also, do not move your jaw side to side as this movement will loosen the appliance. Use soft wax to coat any part of the appliance that irritates your lips or cheeks.

If you are unable to resolve the problem, or if something loosens or breaks, please call our office immediately.