

The Herbst Appliance, affectionately known as the “Shock Absorber,” is a bite-jumping device used to enhance the growth of the lower jaw in a forward direction and at the same time, to apply pressure to the upper jaw in a backward direction. It can also be designed to allow for expansion of the upper arch and to help correct the front-to-back relationship of the upper and lower jaws.

To be effective, it must be worn and taken care of as directed by our office. Below is some important information to help you achieve the best results.

Kadar guides for a great result!

- Normally, the Herbst Appliance is worn for 12 months.
- A rod and a tube that actually works like a shock absorber connects the upper and lower jaws. This does not interfere with opening and closing your mouth but you might find moving your mouth from side-to-side is somewhat restricted.
- The first three days, limit eating to foods that require no chewing (liquid diet).
- When introducing solid food, it is best to cut your food into small bites. It will help you to chew more easily during the adjustment period.
- Sleep on your back if possible to keep pressure off your cheeks.
- Pressure from the appliance on your cheeks may irritate the inside surface of your mouth. To lessen the sores during the first few days, place a cotton roll in the cheek at bedtime. Eventually, these areas will build up toughness.
- You may notice some tenderness in your teeth and in some of the muscles in your cheeks and near your joints. This is very normal and should last only 3 to 7 days. Tylenol will help relieve these symptoms.
- If a screw or any part of the appliance should become loose, save the part and call our office at 856.582.1400. It is not necessary for the screw to be replaced over a weekend. The muscles will hold the lower jaw in its proper position for several days.