

*The Herbst appliance prevents the lower jaw from moving backward although opening and closing movement still occurs easily. The device is attached to the back molars on the upper and lower jaws with bands that are cemented into place.*

- Expect muscle soreness in the jaw area at first. Take Tylenol or Advil for discomfort.
- Rinse several times a day in the beginning with warm salt water. This will help heal and toughen the tissues.
- Call us if the rods are too long in the back, they can be shortened.
- Do not open your mouth too wide while yawning or biting into foods as rods and tubes can become disconnected. If this happens and you can't reconnect them, call us right away.
- It will take some time for you to become adjusted to eating with your teeth not fitting together as before. Your teeth will change gradually and will eventually come together. Maintain a soft diet in the beginning if you have trouble eating.

