



Herbst Appliance

When you first get your Herbst appliance, your mouth may feel unusually full and speaking may seem awkward. The more you speak aloud and practice, the sooner your speech will return to normal. The Herbst appliance will keep your lower jaw from moving backward, but it will not prevent you from opening normally. You will need to learn to eat with your jaw in this new position. You may find it helpful to eat a soft food diet for the first few days after getting your new appliance.

IT IS VERY IMPORTANT THAT YOU DO NOT EAT ANYTHING THAT IS STICKY, CHEWY, GUMMY OR HARD, AS THESE FOODS WILL CAUSE YOUR APPLIANCE TO LOOSEN OR BREAK. AS A RESULT, THE APPLIANCE WILL NOT PERFORM PROPERLY AND MAY EXTEND THE TIME YOU NEED TO WEAR IT. THERE MAY BE A CHARGE TO REPLACE OR REPAIR DAMAGED APPLIANCES.

Some patients develop an ulcer or sore area. If this occurs, rinse three times daily with warm salt water. Brush your Herbst daily when you brush your teeth.

Additional information may be found on our website at DrSpillers.com.

If you have any questions or concerns, please call our office at (478) 953-2700.



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478-953-2700