

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.

Kadar Guides for a Great Result!

- The Herbst Appliance is typically 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. Eventually, these areas will adjust to the appliance.
- 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 or Motrin 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.

