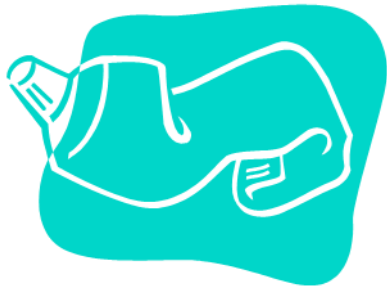


This brochure has been developed to provide general information about orthodontic treatment carried out by Smile Design Orthodontics. Please ensure you read this information carefully, and do not hesitate to contact us if you have any further questions or concerns.

Please remember to continue your regular 6 monthly checkups with your General Dentist during your orthodontic treatment.



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HERBST APPLIANCE



Now that your Herbst appliance has been fitted into position, your mouth will feel quite full and you may notice you have more saliva than normal. Speaking will feel quite awkward at first, but this will improve over the next few days, reading aloud may help.

The Herbst appliance prevents your lower jaw from moving backwards. Opening and closing your mouth will still be quite easy and you will quickly learn to chew with your lower jaw in its new position.

Remember it will take a little time for you to become used to your Herbst. You will experience some

discomfort and tenderness at first. Over the counter pain relief will help (please ensure you follow directions carefully).

You may find your appliance will rub on some areas of your mouth. Use the wax we have given you to prevent ulcers forming.

If you need a mouth guard for sport please let us know.

PROBLEMS YOU MAY HAVE

The arms of your Herbst may come out of the tube if your mouth is opened too wide (eg. Yawning).

Please **DON'T PANIC!**

It is usually possible to reconnect the arms yourself;

1. Open as wide as you can
2. Line up the upper tube and lower arm pieces of your Herbst
3. Slowly close

NEVER force the arms closed. You will bend them and they will not slide open and closed easily.

If you cannot reconnect your Herbst arm, or if any other part is broken or loose, please contact us to arrange an appointment to check and/or repair your appliance. Please bring any broken pieces with you.

