

# HERBST

## *Mandibular Repositioning Appliance*

---

Proper skeletal balance of the upper and lower jaws is the difference between a good profile and a great one. The skeletal, or orthopedic change that is associated with orthodontic care is often difficult to attain because so much of the success is dependent upon both genetic potential and patient compliance.

The Herbst *MRA* produces an immediate improvement and, over time, allows the jaws to grow into proper alignment. With the Herbst appliance, we can care for you with fewer tooth extractions and with NO HEADGEAR.



Before treatment the lower jaw is recessive and flaring of the upper front teeth is pronounced (left). After treatment the jaws have grown into proper alignment (right). The result is a proper bite and a more pleasing profile.



Before Herbst treatment, the original overjet (left) is evident. After orthodontic care and repositioning of the mandible, the teeth and jaws are in balance (right). The Herbst appliance simplifies the correction of even the most challenging malocclusions by encouraging proper mandibular growth as the teeth mature.

---



## **reichheld ting orthodontics**

Billerica

978.670.5900

Lowell

978.453.3872

Westford

978.692.5799

## HERBST *Frequently Asked Questions*

---

**Q: Can you see the Herbst appliance?**

The Herbst *MRA* is totally inside the mouth—nothing is on the outside. Sometimes, especially at the beginning the corners of the mouth may bulge a little. This will become less noticeable as the appliance settles into place and your facial muscles relax and accept your new jaw position.

**Q: Will I look different?**

YES! You will look dramatically BETTER as your profile will show an immediate improvement.

**Q: Can the appliance be removed? Will it fall out?**

No, it does not come out of the mouth until we remove it. That is why it works so well! Infrequently one of the rods will disengage. This does not hurt and you can re-connect the rods in a moment or two.

**Q: Why do I need this device?**

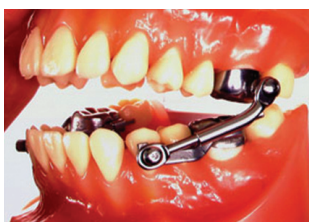
Your lower jaw and upper jaw are not positioned correctly. This gives you a “bad bite” and a less favorable profile and smile. The Herbst will reposition your jaw forward to give you a better bite, better profile and better smile. And NO HEADGEAR.

**Q: Does it hurt?**

At first it is a mouthful! You might be a little tender from the placement of the appliance and where it touches the inside of your cheeks and lips. This discomfort is similar to a routine orthodontic adjustment. It may take 1-5 days to completely adapt.

**Q: What can I eat?**

We recommend soft foods at first because chewing can be awkward. You need to be careful and eat small pieces of food until the Herbst settles and you are used to the way your teeth now come together. When you become accustomed to the Herbst you can resume your usual diet.



Though the Herbst appliance prevents the lower jaw from moving backward, opening and closing movement still occurs easily, and patients do not have problems learning to chew their food with their lower jaw in this new position.