

# Homecare Instructions for Herbst Appliance

## Insertion and removal of appliance

- **Insertion** - place the upper splint on the upper teeth first and seat it completely by pressing firmly on the right and left back portions of the appliance using your thumbs. Then, move your lower jaw forward and seat the lower splint over the lower teeth and press it into place on the right and left side using your fingers. Close together to be certain that the appliance is seated completely.
- **Removal** - place your fingers on the upper borders of the upper splint and press firmly downward “rocking” the appliance from one side to the other until it releases from the teeth. Then, remove the lower splint by placing your thumbs on both sides of the appliance at the lower borders, and firmly push upwards on one side then the other to “rock” the lower appliance off the teeth.

## First time use

Upon removal of the Herbst appliance, the jaw, muscles and/or teeth may feel sore. These symptoms usually subside within the first few weeks. Voltaren gel can be applied on sore areas of the cheek as needed to reduce symptoms. It is recommended that you apply a heat pack to both sides of the face for 20 minutes before you insert the appliance. If needed, 200 mg of ibuprofen can be taken an hour before inserting and after removal of the appliance. After several days of using the device, soreness will subside. If pain persists, contact us at the office at (805) 527-2266 or email us at [office@kellerdsm.com](mailto:office@kellerdsm.com)

## After appliance removal

Morning repositioner should be used after removal of your sleep appliance. Usage instructions are included in this package. Holding the mandible in place will stretch the masticatory muscles back into position. Chewing sugar-free gum immediately after appliance removal may help reduce the duration of the bite feeling off.

## General Safety and Precautions

Use of device may cause:

- Clenching
- Sore teeth
- Temporomandibular joint (TMJ) sensitivity
- Increased salivation

Other side effects may include: tooth movement or changes in dental occlusion and/or obstruction of oral breathing.

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## Precautions

- Do NOT soak in water
- Do NOT soak in bleach
- Do NOT soak in ammonia
- Do NOT soak in peroxide
- Do NOT soak in mouthwash
- Do NOT soak in denture cleaner

## Daily cleaning procedures

- Brush and floss before use.
- Rinse mouth well with clean water before inserting the device.
- If using mouthwash, all traces of mouthwash should be removed by thoroughly rinsing out mouth with water.
- Brush the device carefully with a soft toothbrush and cool water.
- Do not use soap to clean appliance.
- Minimize odor by letting the device dry (not sitting in liquid) during the day in the case provided with the container lid open. (This is especially important if you have a dog. Some people have had their appliance destroyed due to their dog chewing it.)

## Storage

Store the appliance in its case after rinsing and allow the device to air dry at room temperature, out of direct sunlight. The lid of the case can be left partially open to facilitate complete drying.

## Disclaimer of liability

The appliance is warranted for \_\_\_\_\_ months with proper care. All warranty claims must include return of the appliance.

## New Dental Work After Your Appliance Has Been Fit:

If you have any new crowns, bridges, implants or large fillings completed after your appliance has been fitted, your appliance will need to be adjusted to fit over the new dental work. On occasion, if extensive work has been done, a new appliance may need to be fabricated. After the dental work is completed, please call our office to schedule an appointment to have your appliance adjusted.

**IMPORTANT:** It may take 2-3 months to determine the most effective jaw position for managing your snoring and apnea condition. We are hopeful that you will notice an immediate improvement in your symptoms. However, it is usually necessary to advance the jaw slowly over a period of time to improve the effectiveness of the appliance and maintain the comfort of your jaw and teeth.