

# Herbst® Appliance Quick Reference Guide:

Below are the key steps for successful delivery and patient instruction. The goals of a clinical assistant are being prepared, following procedural protocol, instructing and educating your patient on appliance care and functionality.

## Step 1: Inspect & Organize

- Pull the patient's chart and appliance prior to the patient's arrival. Verify all the components were received as prescribed.
- Inspect each part for working order and smoothness to touch; screws, crowns, rods, etc.
- Layout the Herbst on a tray paper as you would place in the mouth; keep right on right and left on left. At this point, the components are not interchangeable. They have been specifically prepared for your patients.
- Attach the upper rods to the upper member of the Herbst® (do not use Ceka Bond at this point). Use a small elastic wrapped around the buccal attachment of the crown to the rod to keep it from hanging down during the fitting.
- Gather all materials to prophylaxis, pre-fit, cement, clean, and assemble the Herbst along with instructional tools for the patient.

## Step 2: PreFit & Adjust

- Remove spacers, prophylaxis, and floss.
- Fit the Herbst® crowns. The crowns should "snap" when seated. If they do not, use your crown contouring plier to slightly undercut the border of the crown and refit.
- With the crowns in place, check the cantilever arms and occlusal rest for position. Be sure adjustments are made prior to cementation. Use a 3-prong headgear plier to adjust the cantilever arms.
- Place the lower rods into the upper rods and then on the pivot. Check the rod length out of the distal, make sure the dental midline is on and the rod length is bringing the lower jaw forward almost in an end-to-end relationship.

**Herbst Cementation: Keep the upper Herbst attached to the mechanism. You can also attach a piece of dental floss to the appliance to ensure it is not swallowed during the fitting process. Make sure to use Ceka Bond in the screws prior to final cementation.**

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## Step 3: Cement, Clean & Bond

- Remove the crowns, take off the rods, and clean the components with alcohol using a cotton swab or pellet.
- Replace the upper member rods on the crowns using Ceka Bond to secure the screws. Replace the elastic to the rod for ease in cementation and seating.
- Place toothpaste or wax in all areas that you would not want cement to seep. **DO NOT** use wax on the “screw housing” as Ceka Bond will not adhere and your screw could loosen.
- Using a glass ionomer cement, mix as directed. Use a cold slab draped with “freezer wrap” to increase working time. Your total working time is approximately 8 minutes.
- Load each crown with a generous amount of cement. Start with the mandibular arch, isolate anchorage tooth, air-dry, and seat the crown with finger pressure followed with a band seater. Wipe excessive adhesive with a cotton roll and proceed with the next quadrant.
- Once all crowns are cemented, clean thoroughly using a scaler and floss to check the contacts. Use an intraoral mouth mirror to check the distal lingual and buccal areas. Any residual cement will cause tissue irritation and inflammation.
- Prepare for bonding the occlusal rests, following instructions for bonding adhesive.

## Step 4: Assemble, Instruct, & Reinforce Goals

- Remove the elastic that held the upper rods to the crowns during fitting and cementation.
- Place the lower rods one at a time, into the upper member. Ask the patient to move his/her lower jaw forward which will allow the holes on the ends of the rods to lay over the pivots.
- If you were able to pre-check all adjustments during the initial fitting, you can use Ceka Bond on the lower screw. If you are not sure of the final fit of the Herbst®, only lightly tighten the screw until the opposite side has been attached and verified.
- Double check the rod extension out the back of the upper tubes, tightness of the screws, and patient range of motion.
- Give the patient a “Herbst® Take-Home Packet” which includes instructional guides, oral hygiene tools, and emergency kit.
- Review the instructional handout (see patient instruction guide) with the patient and patient’s parent.
- Reinforce patients part in successful treatment.

Be sure to call your patient in 2-3 days to see how he/she is doing & if he/she has any questions or concerns. Also, send a handwritten “warm & fuzzy” note card from YOU!