



Prosomnus Herbst Instructions:

Jaw advancements are achieved by adjusting either the Herbst hex nut screw or pinhole by using the tool provided. The up arrows on the side of the Herbst arm indicate advancing the Herbst arm up by turning the screw or pinhole in the upward direction. Each 90° turn is 0.1mm and each full turn is 0.4mm. If you advance the appliance too far forward you can move it back by moving the nut screw or pinhole by going in the opposite direction of the arrow.

Care and cleaning of the appliance:

1. Clean the appliance daily with a toothbrush and antibacterial hand soap. You can also use denture cleaning tablets that only let the appliance sit in about an hour longer can cause damage to the appliance.
2. When your appliance is not in your mouth, store it dry in the case provided. (This is especially important if you have a dog. Some people have had their appliance destroyed due to their dog chewing it).

How to advance the Herbst appliance with the Hex Nut:

1. Hold the upper arch perpendicular to the lower arch, such that the Herbst arm is straight up and down.
2. To advance 0.1mm, position the adjustment tool on the square head advancer screw as shown in Fig. 1a. Rotate 90° upwards, the direction of the etched "up" arrow on the herbst arm shown in Fig. 1b. Repeat on the other side.
3. To reduce advancement, rotate downwards in the opposite direction of the etched arrow.
4. Visual indicator marks in 1.0mm increments are laser etched in the Herbst arm to show advancement locations as shown in Fig. 2 A ruler is laser etched on the wrench handle to check the advancement throughout treatment as shown in fig.2.

Advancing Prosomnus with pinhole

1. Following steps 1-3 inserting the provided tool into the pinhole as shown in fig 3.

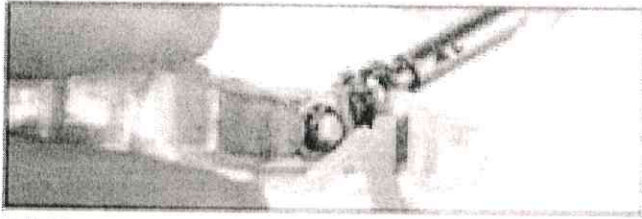


Fig. 1a

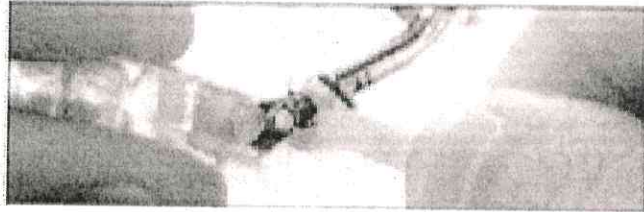


Fig. 1b



Fig. 2

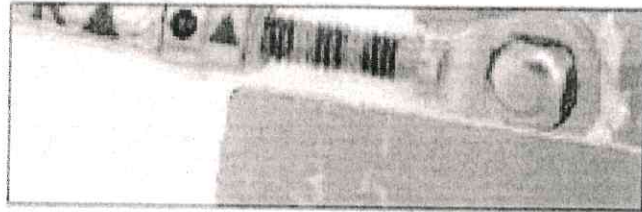


Fig. 3