Congratulations! We hope your new Herbst® sleep appliance will allow you to experience healthy, more restful sleep.

What to expect

When you first wear your Herbst, you may experience an increase in saliva. This is normal, and will subside as you become used to wearing the appliance. In addition, your posterior (back) teeth may feel slightly separated. This will subside in a few minutes and your bite will return to normal.

Please contact your doctor if you have any discomfort or concerns.

Herbst Sleep Appliance Warranty

2 Years*: Appliances made with Hard or Variflex™ Material
18 Months*: Appliances made with soft material
*From the date of fabrication

Medicare Patients: Warranties above apply for the Telescopic Herbst Sleep design.

See other side for important care instructions. >
How to care for your appliance

To avoid damage to your appliance, please:

- **Only use COOL WATER to clean your appliance.** Hot water may irreparably damage the material. *Exception - If your appliance is made with our thermoactive material, your doctor will explain when heat is appropriate.* Regularly clean your appliance the same way you clean your teeth. We strongly recommend DentaSOAK® for thorough, safe cleaning of your appliance. (See the enclosed DentaSOAK® brochure for details, ordering and restrictions.)

- **DO NOT SOAK** your appliance **for more than 15 minutes.** Prolonged soaking may damage your appliance.

- **DO NOT use effervescent denture cleaners or mouthwash containing alcohol.** These substances can alter the color and damage or weaken your appliance. Use of these products may void the warranty.

- **STORE DRY** in the case provided when not wearing your appliance.

**IMPORTANT:** The Sleep Herbst Appliance is adjustable by the patient ONLY under the direction of the attending Dentist.

*Herbst is a registered trademark of Dentaurum, Inc.*