



Titration of the Herbst Appliance

1. The patient should arrive with their Herbst appliance, adjustment key, and titration form.
2. The Herbst appliance adjustment consists of a screw mechanism that uses a key (lever-like tool) to bring the jaw forward or backward.
3. Familiarize yourself with how to change the position of the Herbst. Ask the patient to show you how to adjust the appliance if you have questions.
4. Tell the patient that it is likely that you will be coming in throughout the night to adjust the appliance. You must take the appliance out of their mouth to adjust it.
5. To adjust the appliance forward, insert the key and turn in the direction of the "+" printed on the side of the appliance (see picture below). **THIS MUST BE DONE ON BOTH SIDES.** To adjust the appliance backward, insert the key and turn in the direction of the "-". The "+" and "-" signs are opposite on each side.
6. Refer to the titration sheet the patient brought with them on how many times to turn the key per adjustment (for most patients it should be 10 quarter turns per adjustment, or about 1 mm). It is possible that by the fourth or fifth adjustment that the appliance will "max out" (you will not be able to turn it anymore). If this happens, just finish the study at this setting.
7. When titration of the appliance is needed, wake the patient to have them remove it from their mouth, but avoid turning on the lights. Step out of the room to adjust the appliance and then go back in the room and have the patient replace the appliance in their mouth.
8. Titrate the appliance forward until respiratory disturbances are normalized or until the patient is no longer able to tolerate further protrusion.
9. If there are any questions, call Dr. Brian Briesemeister for clarification.
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