



TWIN BLOCK APPLIANCE

The Twin Block Appliance consists of upper and lower removable plates that work in conjunction with each other to encourage forward growth of the lower jaw and improvement of the overjet. It is essential that the Twin Block is worn 24 hours a day including eating in order to work. Any less than this will result in a compromised result and extended treatment time.

Please follow the instructions below:

1. Take your Twin Block out to clean when you brush your teeth. You can use your toothbrush and toothpaste to gently clean the appliance. Holding the plate in the palm of your hand when cleaning it will help avoid breaking it. **DO NOT USE VERY HOT OR BOILING WATER TO CLEAN YOUR TWIN BLOCK** as this will result in the plastic distorting to such an extent that the plates will no longer fit.
2. To chew food, initially you may need to cut food into small pieces and place between the lower side teeth and the plastic that covers the upper side teeth to grind the food. You will notice that the lower jaw must be placed in the forward position so as to get maximum contact at the side for chewing. The ramps will guide you to this forward position.
3. You may need to start with soft foods for a few days, ie. rice, pasta, sandwiches. Within a few days however most people can eat anything they like. Do avoid chewy food such as Minties, chewing gum, and other sticky lollies as they can damage the appliance and cause tooth decay.
4. To remove them from your mouth, use one finger of each hand to lift out the plates. Avoid biting them into place when putting them back in. Use your fingers to ensure they are positioned correctly.
5. Take the Twin Block out if you are playing contact sport that requires a mouthguard or water sports. Please keep it in the case you have been provided with otherwise it could become broken or lost.
6. Keep your plates away from your pets. They love the smell of them and will make a quick meal out of them!
7. Speak as much as you can when you first have your Twin Block fitted. Because there is plastic covering the roof of your mouth when the appliance is in, your speech may be affected. The more you talk with the appliance in, the quicker your speaking will get back to normal. Reading out aloud is a good way to help achieve this.
8. Don't worry about the excess saliva in your mouth. Your body thinks that anything new in your mouth is food and so produces saliva to assist in swallowing. This will last for a few days only and then the body adjusts and the saliva will reduce.
9. Call us if you have any sore spots. These may occur in the first few days. If you find the plate is causing a red spot or ulcer, within reason try to keep wearing your plates until you see us as this way we can clearly see where the plastic needs to be removed.
10. Don't get into the habit of flicking your appliances in and out with your tongue. This will loosen your plates, cause the metal wires to break and incur a repair charge.
11. If you lose or damage your Twin Block please contact the practice as soon as possible.
12. Should you have any questions or concerns please contact us for advice.