

Instructions for Twin Blocks

Purpose of your Twin Blocks

Twin Blocks are removable functional appliances designed to hold the lower jaw forward. Functional appliances encourage the muscles of the jaws and face to try and pull the lower jaw forwards and so generate a force which is transmitted to the teeth. It is this force which causes the desired tooth movement and hopefully some favourable jawbone growth as well.



Wearing your Twin Blocks

The only time they should be removed from your mouth is when:

- School
- Contact sport
- Cleaning
- Eating

Your Twin Blocks must be worn 14-16 hours a day. Every day.

When the Twin Blocks are not being worn, make sure you keep them in the provided container to prevent them from being damaged or lost.

For the first few days, wearing the Twin Blocks may cause discomfort. You may find it easier to build up to the required number of hours over the first week. For example, for the first day you may wear the Twin Blocks for at least 4 hours. The next day, 6 hours and so on, building up the hours worn each day.

By the end of the first week, you must be wearing the Twin Blocks for the number of hours your orthodontist has asked you to. Your mouth may water more than normal and speech may also be affected for the first few days.

Don't panic! Just practice reading out aloud and your speech will return to normal.

Sometimes the plates will rub on the gums. If this does not go away after a few days, the plate may need a trim, so contact the clinic. Don't stop wearing your plates! As long as you persevere, these issues will quickly disappear and the twin blocks will become quite comfortable within a few days.

Cleaning



To clean your twin blocks, it is best to use a toothbrush with toothpaste and cold running water.



After eating, make sure to clean your teeth really well as this will reduce the amount of food build up on your teeth. Once your teeth are clean, put your Twin Blocks back in your mouth.



Remember; CLEAN TEETH MOVE FASTER!

Problems with your Twin Blocks

Finally, if your Twin Blocks are damaged or cannot be worn, or you have any problems, make an appointment to see us. Do not wait until your next appointment.

Remember - if you forget to wear your twin blocks as instructed even for just 1 day, you will probably ruin a whole week's hard work!

IMPORTANT!

Bring your Twin Blocks to every appointment

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