

Information about the

TWIN BLOCK APPLIANCE

DESCRIPTION:

The twin block is a removable appliance made up of two separate retainer-like pieces, one for each arch. The plastic blocks fit together like the pieces of a puzzle in order to hold the lower jaw FORWARD.

PURPOSE:

The twin block is used to assist with the correction of an overbite of the jaws and teeth by influencing the growth of the jaws. It sometimes can be used to assist in a jaw that is growing more to one side.

WEAR:

This appliance is worn all the time except when you are brushing your teeth, cleaning the appliance and playing full contact sports. It also is very helpful if it is worn while eating to help exert greater influence on the jaws. For the first 3-4 days we suggest wearing the Twin Block in the evening and night as an adjustment period. After 4 days it should be worn full time. After 2 weeks of full time wear we suggest starting to eat with the appliance in place.

ACTIVATION:

Some individuals who wear a twin block may need to have their dental arches widened. We will show you how to activate the appliance if this is necessary. The activation is done either once or twice per week as we have instructed.

EATING:

In order to attempt to eat with the appliance in place it is best to start with liquids and very soft foods such as pasta, soup, mashed potatoes, eggs, pudding etc. After a short period of adaptation most foods can be consumed. However, sticky or hard, crunchy foods must be avoided.

CLEANING:

It is important the twin block be kept clean. Food and tartar are able to build up on the plastic and wires. We recommend brushing the appliance with a soft bristled toothbrush, toothpaste (not tartar control) and COOL water. A 5 minute soak in your favorite mouthwash helps keep the appliance smelling and tasting fresh.. If tartar does build up soaking the appliance in vinegar for 20 minutes will help to loosen the tartar.

SPEECH:

This appliance usually causes some alteration in your speech for several days. We suggest reading out loud in the privacy of your home for the first 3-4 evenings for approximately 10-15 minutes. This helps your mouth, tongue and lips become adapted to speaking with the Twin Block in place. We are able to tell after a few weeks if you are wearing the appliance full time because your speech will sound normal.



HELPFUL HINTS

- You may find excess saliva for 1-2 days
- You may find your muscles are sore for 1-2 days
- If your gums are being pinched, call our office for a comfort adjustment
- Keep your lips together and breathe through your nose
- Keep your appliance in the case we provide to protect breakage or loss, as there is a cost to replace it

SUCCESS OF THE TWIN BLOCK

Depends on co-operation of wearing the appliance full time and the genetic potential for growth.