

## TWIN-BLOCK TREATMENT

Twin blocks will help to straighten your teeth and encourage your jaw to grow.

**Success is completely dependant on your co-operation.**



1. Wear the Twin blocks **full time**. If you have any problems wearing it, contact us
2. Take the appliance out for cleaning your teeth, contact sports and swimming. It is possible to wear it at meal times. This requires a little practice but is worth the effort.
3. At first the appliance will be uncomfortable. Any sore spots will usually pass off as you get used to it. If any problems persist contact us. You will produce more saliva initially but this will return to normal.
4. Keep your blocks together. You will soon learn to speak with the blocks in contact this will require practice.
5. Keep the appliance clean using a tooth brush and cold water.
6. Avoid sticky foods especially toffee, chewing gum, and hard foods. Avoid fizzy drinks, sweet drinks, sweets and sugar.
7. The Twin Block is expensive to make and you must look after it. Do not wrap it in a napkin as this often results in them being thrown away. Store it in the plastic container provided. If it gets distorted or the clasps break contact us.
8. Twin block therapy lasts for 6-9 months. It is usually followed by 1-2 years of fixed brace work.
9. If you loose your Twin block you will be charged for a new one so look after it and keep it in the box provided, when the brace is out of your mouth.