

Guide to your TWIN BLOCK APPLIANCE

Your Twin Block appliance is designed to improve the position of the lower jaw and correct large bite discrepancies in patients that are growing. It is made up of two removable plates and attaches to the teeth with metal clasps. If your upper jaw needs widening, the upper plate will also include an expander screw.

What to expect:

To start with, your mouth will feel unusually full and eating and speaking can feel awkward. Practice reading aloud to allow your speech to adjust back to normal. Take small frequent sips of water and eat soft food to get used to swallowing with the appliance in place. You may also notice that you seem to have more saliva than normal - don't worry, this will all go back to normal very soon.

You may experience some irritation of your cheeks and lips from the clasps when the plates are first fitted. Soon the tissue will toughen up. In the meantime, products like Bonjela can help if you have any ulcers or sore spots.

The plates will bring your lower jaw forwards into your new bite and you will not be able to bite on your front teeth with the plates in place. You may also find that your jaw muscles feel tired and achy from being held in their new position. Any discomfort usually subsides within a few days and pain-relieving medication such as paracetamol or ibuprofen may be taken if required. Patience and soft food will get you through this adjustment period.



When do I wear the Twin Block?

The Twin Block works best when it is worn full-time. This means day and night, while you are at school and on the weekend. It can stay in for most sports and activities. It works best if it is NOT removed for eating. The less you remove your Twin Block, the lower the chance there is of losing or breaking it! Remember - both plates must be in your mouth for it to work! If you notice ulceration that is very painful it is ok to remove your plate, but you must call us asap to have it adjusted. Please ensure you have worn your plate for 24 hours prior to your appointment, otherwise we cannot see the "sore spot" and adjust it appropriately.

How do I clean the plates and my teeth?

Remove one plate at a time for cleaning. Use a spare toothbrush with a little liquid hand soap. If you need to 'deep clean' the plates, simply use a mix of equal parts white vinegar and water and soak for 30 minutes. You can brush your teeth as normal. If you cannot brush your teeth after eating (e.g at school) it is ok to rinse with water and brush when you get home.

Dos and Don'ts:

- **Do** rinse your mouth with salt water if you have any ulcers (1 teaspoon in a glass of warm water) and call us if you think the plate needs adjusting.
- **Do** wear your plates full time.
- **Do** start by eating soft foods until have learnt to eat with the plates in place.
- **Don't** leave your plates where your pets (especially dogs) can get to them – they will get chewed!
- **Don't** play with the plates with your tongue or fingers – this leads to breakage and loss of plates.

Whenever something new is placed in the mouth, it takes time to adjust. Please be patient—you will become accustomed to the appliance surprisingly soon.

If you have any questions or concerns, please call us on 9687 8243.