

## TWIN BLOCK

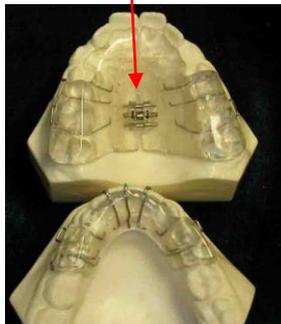
### What does it do?

This appliance uses acrylic bite pads to encourage the patient to push their lower jaw forward in order to close and function (chew). By holding the lower jaw forward, the jaw joints are stimulated to grow forward while muscle forces pull back on the upper jaw, restricting growth. Tooth movement also occurs, improving the fit of the back teeth and reducing the overbite.

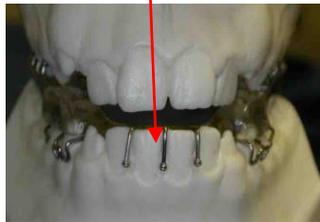
### What does my appliance look like?

- This appliance consists of two separate upper and lower removable pieces made of acrylic. The upper piece is attached with either a Recurve spring around a band or an Adams clasp directly to the molar tooth. The lower piece attaches with ball clasps directly to the lower front teeth.
- Some Twin Blocks also have an expansion screw in the upper appliance to widen the upper jaw. You will be instructed how often to turn this screw by your orthodontist.
- In more severe cases, patients will also wear a Headgear with their Twin Block at night to further restrict upper jaw growth and speed up correction.

**Expansion screw**



**Ball clasps**



**Recurve spring**



**Acrylic Bite Pad**



### How long will I wear the appliance?

- This appliance is to be worn **at all times** except when eating, brushing, swimming and playing contact sports, unless otherwise instructed by your orthodontist.
- Treatment length will vary with each individual case and complexity. Your orthodontist will keep you informed as to your progress.

### What are my responsibilities for a successful treatment?

- It is normal for your teeth to feel sore for a few days and after each adjustment. You may take an anti-inflammatory (Ibuprofen) as needed to help you adjust.
- Avoid any hard, sticky foods or food high in sugar while appliance is in place.
- Please handle all parts of your appliance with care to avoid damage or breakage.
- It is important that you clean your teeth and appliance thoroughly after eating. To do so, hold the appliance in the palm of your hand and gently scrub with a toothbrush/toothpaste. Rinse with **COOL** water (never HOT) to avoid distortion.

- **Always** use the case provided to store and protect your appliance when not in your mouth. Never wrap appliance in Kleenex or place it in your pocket.
- Keep out of reach of pets. They love to chew them!
- If you have bands with this appliance, please check them daily to make sure they are still cemented in place and nothing has come loose.
- Please contact our office should your appliance become bent, excessively loose, breaks or if it is lost.
- Please bring your appliance to every appointment.