

Twin Block

Instruction Guide

WEARING YOUR TWIN BLOCK

Your Twin Block is to be worn **full time**, only being removed to eat, brush your teeth and when playing contact sport or swimming. If it is not worn as directed, the desired result will not be achieved.

INSERTING AND REMOVING YOUR TWIN BLOCK

The first few times you fit your Twin Block on your own, it helps to use a mirror to make sure you have it in the correct position.

Once it is in the correct position, push firmly against the plastic to click the appliance into place. When removing your Twin Block, always use one finger on each side to pull down on the metal wires located at the back of the appliance.

ACTIVATION OF EXPANSION SCREW

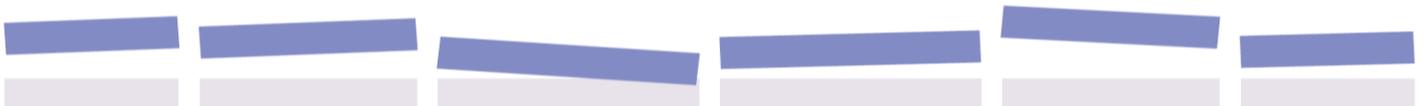
Your Twin Block may be fitted with an expansion screw in the upper section. Your orthodontist will tell you if any turns are required and how often they should be done.



SPEECH

When the Twin Block is first fitted, talking and swallowing can be somewhat challenging. This will improve quickly as you adapt to the appliance. To speed up the adaptation process you can:

- Take small sips of water from a drink bottle to help with tongue placement during swallowing.
- Read out loud (or simply talk a lot) to help with pronunciation.



WILL MY TEETH BE SORE?

There is usually some discomfort for the first few days after the Twin Block has been fitted. Mild pain relieving medication can be taken, if required.

CARING FOR YOUR TWIN BLOCK

Your Twin Block requires cleaning twice a day, when you brush your teeth. A soft toothbrush and toothpaste can be used to brush your appliance. It is particularly important to brush the surfaces of the appliance that sit against your gums or the roof of your mouth. If you feel your Twin Block is in need of a more thorough clean, you may give it an occasional soak in a solution of equal parts white vinegar and cold water.

We will supply you with a case for your Twin Block. On the rare occasion that it is out of your mouth, put it in the case to avoid losing or breaking it. It is a great idea to label your case with your name and phone number.

Always keep your Twin Block away from pets, especially dogs, as they like its taste and smell. They will destroy it!

WHAT CAN I EAT?

While it is generally recommended that your appliance is removed for eating, it is important that a low sugar, well-balanced diet is adhered to.

After eating, and before putting your Twin Block back into your mouth, rinse your mouth with water. This will dislodge any food trapped around your teeth, which will help reduce the risk of developing tooth decay.

For more information, please see our Food Guide.

WHAT IF I BREAK OR LOSE MY TWIN BLOCK?

Please contact us **ASAP** if you misplace or break your Twin Block. Any interruption in your treatment will prolong the time needed to achieve the best results. Please note that replacement of a lost or broken Twin Block will incur an additional fee.

Pure Orthodontics

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