



## TWIN BLOCK APPLIANCE

- A two-part appliance that is highly specialized, custom-made device designed to improve jaw growth for function, and facial balance for appearance
- **Must be worn at all times** except when eating, brushing your teeth, swimming, or playing contact sports
- When the appliance is not in your mouth, it must be kept only in the case provided
- **Never** wrap them in a tissue or put the appliances in your pocket or knapsack, as they could easily get lost or broken
- At first your mouth will feel quite full, and you will have more saliva than usual
- Speech will be slightly affected for the first few days



### When you are wearing your appliances, there are two things you must remember:

- Always keep your lower jaw forward so that the plastic ramps (pads) in the lower appliance slide in front of the plastic ramps (pads) on the upper appliance.
- When you are not talking, bite in the forward position, keep your lips together and concentrate on breathing through your nose. You will find that after a few days of really working at it, this will become automatic.

### Important Reminders:

- Without proper care, your appliances will begin to collect debris and bacteria which can lead to irritated, swollen gums, possible improper fit of the appliances, as well as an unpleasant odour
- Always remove your appliances before you brush your teeth
- Thoroughly brush all parts of your appliances as well as your teeth, gums, and the roof of your mouth after every meal and before bed
- Put some water in the sink or a towel on the counter, and brush the appliances over the water or the towel. This will cushion the appliance if it drops during cleaning.
- Do not use hot water to clean your appliances — use warm or cool water only
- Should you need to disinfect the appliances, scrub them with toothpaste, or soak them with denture cleaning tablets

If you lose or break one or both of your appliances, or if they are uncomfortable, please call our office immediately and let us know that you are wearing a "Twin Block" appliance. If you lose or break one part of your "Twin Block", do not wear the other part of the appliance. If a problem occurs over a weekend, or a time when our office is closed, continue to wear your appliance if you are able. Leave a message on our answering machine and we will contact you as soon as possible. If you require immediate attention you may wish to contact your family dentist, an emergency dental clinic or your hospital. Please bear in mind that you may be charged for these emergency appointments.

**HELPFUL HINT:** Reading aloud is a good way to get used to speaking while wearing your Twin Block. Try to read slowly and clearly.

If you have any questions, please send an email to [info@mybraceland.com](mailto:info@mybraceland.com)

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