

## WHAT TO EXPECT

Your twin block appliance is a removable appliance made of two components; an upper and a lower plate.  
(The upper plate sometimes also has an expansion key in place.)

You will find excessive saliva for the first few days until your mouth and tongue accepts the new appliance.

Your speech and swallowing motion may be affected with this appliance in place. These are only temporary and will lessen as you become familiar with your Twin Block.

To help become familiar:

- Practice speaking out loud
- Swallow your saliva and/or drink water

You may experience some tenderness in your facial muscles in the first few days. These discomforts should lessen as your treatment continues.

Proper wear of the appliance minimises these discomfort and prevents extended treatment time.

## HOW TO WEAR

Both the upper and lower appliance must be worn together full time, including while you eat and sleep.

Leaving the plate out for one meal is equal to losing 24 hours of wearing.

The only exception is when you take them off to brush your teeth and clean the plates, or for any contact sports and swimming (to avoid loss).

1

Position the plate (one at a time) on your teeth. Do not use your tongue to position the plate.

2

Firmly press the plate into place using your thumbs.  
Do not bite down with your teeth to insert the plate.

3

When removing, ease the appliance off from one side first, then the other side. Do not flip the plate off with your teeth or tongue as this will result in breakage.

## ORAL HYGIENE

Good brushing and flossing habits are important especially during your treatment.

1. Using soft tooth brushes only, brush in small circular motions, for approximately 10 seconds in each area before moving onto the next area.
2. Pay extra attention to the junction between the teeth and the gums.
3. Don't forget the inner surface and the chewing surfaces of your teeth.

## FLOSSING

Flossing every day is recommended for everyone!

## CLEANING YOUR APPLIANCE

Brush the appliance with a soft toothbrush everyday with soapy water. Always rinse your mouth and the appliance after eating.

Do not clean the appliance with hot water or toothpaste as this can slowly damage the material it is made of.

## INTERPROXIMAL BRUSHES

Use an interproximal brush to help clean hard-to-reach areas around your appliance.

## CAUTION

When the appliance is not being worn, it should be kept in its retainer box.

Do not wrap in tissue or plastic as it may result in it being lost or damaged.

Keep away from pets. It usually becomes their favourite chew toy!

Avoid playing with the appliance with your tongue as this can result in damage or loosening of the appliance.

Always clean the plates over the sink, dropping it may cause breakage.

Lost or damaged appliances may result in additional replacement fees.

## GENERAL CHECK-UPS

Besides your appointments with your orthodontist, it is important to attend your 6 monthly check-up appointments with your general dentist.

These check-ups are an important part of keeping your teeth healthy, especially when you have an appliance on.

## RME ATTACHMENT

If you also have an RME attached to you plate, refer to the RME pamphlet for instructions and Hygiene Care (except turns can be completed whilst holding the plate in your hand, rather than in the mouth).

No. of turns advised a day:

No. of turns to complete in total:



## EMERGENCY

Call the clinic right away if anything breaks or feels loose on the appliance. An appointment may need to be scheduled to fix your appliance.

Keep any part of the appliance if it happens to break off and bring to your appointment. If you feel any pain that is out of normal, please contact us immediately.

Never hesitate to call our clinic if you have any questions or concerns!

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# TAKING CARE OF YOUR TWIN BLOCK APPLIANCE