



TWINBLOCK

Congratulations, your orthodontic treatment has started!

WHAT IS A TWINBLOCK?

The twinblock is a type of **functional appliance**. It is used in growth patients to posture the lower jaw forward encouraging it to grow to its full potential. It can also retract the upper front teeth with a wire at the front. It can also be used to expand the upper jaw with an expansion screw.

Ultimately, it can correct the jaw and teeth positions in patients whose upper teeth sit too far ahead of the lower.

INSTRUCTIONS

WEARING

Wear the upper and lower plates together, **full-time**. They should only be removed when:

1. Eating
2. Cleaning your teeth
3. Playing sports that require a mouthguard
4. Playing a wind instrument

When it is not in your mouth, place it in the case provided. **Never** wrap it in tissues or put it in your pocket without a case.

CLEANING

You must brush your teeth **at least twice a day**. Before brushing your teeth remove the twinblocks, rinse them under water, and brush them with a toothbrush and hand soap. Rinse with water before re-inserting into your mouth.

For a deep clean, you can soak the twin blocks in denture, retainer cleaner or diluted white vinegar once a week for 30 minutes.

MOUTHGUARDS

If you play sports that require a mouthguard, remove the twinblock and place the mouthguard. A boil-and-bite mouthguard can be remoulded as the mouth and jaw change.

TURNING THE EXPANSION SCREW

When instructed by your orthodontist, do one turn a week. Remove and clean the upper plate. Hold it with the shiny surface facing up to you, and the front wire towards you. Insert the key into the hole at the back of the arrow until it comes through to the other side. Then turn in the direction of the arrow until you can't turn any further. Remove the key ensuring you do not "undo" the turn. When placed back in the mouth it should feel a bit tighter.

WHAT NOT TO DO

Don't play with the twinblock with your tongue. If you do this it will become loose very quickly.

WHAT TO EXPECT

SALIVA

Your body will produce excess saliva as it adapts to the appliance. This will settle.

SWALLOWING

This may feel uncomfortable as the tongue gets used to the appliance. Sipping water for the rest of the day will help your tongue adapt. Within a few days, it will feel normal.

SPEECH

In the first few days, your speech will be affected as your tongue adapts to the appliance. This will be reduced with time and practice. Reading out loud will help you adapt faster.

DISCOMFORT

When you first wear the twinblocks some discomfort is normal for the first couple of days. During this period, try to wear as much as possible. You can gradually work up to full-time wear over the 3 to 5 days.

ULCERS

Occasionally you may get a mouth ulcer. They last approximately 10 days. To help you can:

- Apply orthodontic wax to the area that rubs
- Rinse your mouth out 3 x a day with warm salty water.
- Use an over-the-counter anesthetic ulcer product e.g. Bonjela
- Avoid acidic or spicy foods until they heal to avoid irritation.

HOW LONG WILL I HAVE THE TWINBLOCK?

This depends on how well you wear the appliance and follow our instructions. On average most people wear the twinblock full time for 9 to 12 months then only at night.

WHEN TO CONTACT US

You will be reviewed regularly during your treatment. However, please contact us ASAP for an earlier appointment in case of the following

1. You lose or break the twinblock
2. Ulcer from the pressure of the twinblock
3. The twinblock feels loose. Usually occurs if you play with it with your tongue or you are not inserting/removing it correctly.
4. The twinblock stops fitting. It is designed to fit even as you lose baby teeth. It will stop fitting if compliance is poor.

NOTE: if we need to repair your appliance or make a new one, there may be a lab fee.

OTHER

If you have any problems please contact our friendly team on [9297 6823](tel:92976823) or email reception@ebortho.com.au