




Information about "Twin Block" appliances



-  Twin Block appliances are upper and lower removable "braces" designed to be worn together to encourage forward development of the lower jaw, and so correct the prominence of the upper front teeth.
-  To be effective, the braces need to be firmly in position on the teeth all day and night, and they should only be removed for tooth brushing and sporting activities. It is especially important that you eat with the Twin Blocks in, which will be difficult at first. When eating, it will probably be helpful to cut up your food rather smaller than usual.
-  At first, the appliances will seem bulky and awkward to wear. You will find that your speech will sound different, the teeth and the muscles in your face will be slightly sore. Please do not be put off by these problems, but keep wearing the braces all the time; everything will settle down within a few days. A marked improvement in the appearance of the face is usually noticed once the appliances have been worn for a

few days and the initial muscle strain has disappeared.



It is important to keep your teeth really clean during your orthodontic treatment, because the braces will cause a greater build-up of plaque than normal. Please clean your braces with a toothbrush and tooth paste in the morning, at night and after meals.



Parts of the brace are delicate and can be damaged by careless handling, so please put the braces in a small container when leaving them out for sports, and keep this somewhere safe. More braces are lost and damaged through carelessness at these times than at any other. We do have to charge to replace lost appliances.



Avoid chewing gum or eating anything sticky, especially toffee!



Finally, If you are having problems, or if either brace is lost, damaged or cannot be worn, please contact us immediately on:
Tel: 01246 550033/520354 or
Email: office@smilebydesign.biz.