

TWINBLOCKS



Wear the Twin blocks full time and remember to keep the blocks together.

At first the appliance will be uncomfortable. Any sore spots will usually wear off as you get used to it.

You will produce more saliva initially but this will return to normal.

You will soon learn to speak with the blocks in this will require practice and constant wear.

The Twin Block is expensive to make and you must look after them. Always store them in the plastic container provided this will prevent loss or damage. If the brace gets distorted or the clasps break contact us. If you lose your Twin block there may be a charge for a replacement.

If you cannot wear your brace please contact us so we can review and/or adjust the brace.



The Twin block phase of treatment lasts for approx. 6-9 months. It is usually followed by 1-2 years of fixed brace work.

Twinblock Care

Clean with a soft brush, soap and cold water.

Soak in **VITIS** cleaner available to purchase at reception

Tooth brushing

Remove your twinblock brace when brushing your teeth.

Brush your teeth at least **2** x daily for **2 minutes**

Diet

Take your twin blocks out to eat and drink.

Avoid sticky foods especially toffee, chewing gum, and hard foods. Avoid sugar in fizzy drinks and sweets other than during meal times.

Sports

Do not wear your twinblocks instead of a mouth guard.

Remove before **swimming!**