

Twin Block Appliance

Your Twin Block appliance is designed to encourage growth of your lower jaw. The Twin Block works by holding the lower jaw in its new position while the muscles and bone grow to support the new forward position. With good cooperation, wearing your Twin Block appliance can help correct jaw imbalances that cause "overbites."

Though removable, this appliance **MUST** be worn at all times, including eating and sleeping. It is important to keep your lower jaw forward and lips closed. Eating and speaking with your Twin Block will be the greatest challenges, but since these are motions that work your jaw muscles the most, they are also the **MOST** important times to wear the appliance.



Here are some instructions and suggestions that will help you take proper care of your new Twin Block appliance and make sure that it works to its maximum benefit.

- 1) Your Twin Block **MUST** be worn full time.
- 2) Get used to *eating* with your Twin Block by eating softer foods and cutting food into smaller bites. Pretend that the flat plastic surfaces of the upper and lower appliance are your new teeth and use them to mash and chew your food.
- 3) Get used to *speaking* with your Twin Block by talking at a slower pace.
 - a. We recommend that you practice reading out loud to yourself so you can identify and practice the words and syllables you have a difficult time with.
- 4) As your tongue gets used to your new Twin Block, eating and speaking will improve.
- 5) Keep your Twin Block clean.
 - a. Brush every part of the appliance thoroughly, using a toothbrush and toothpaste.
 - b. Make sure no food or residue is left behind.
 - c. Rinse your Twin Block with cool water every time you take it out.
- 6) Do not click your Twin Block with your tongue (move it up and down in the mouth).
 - a. This is very harmful to the appliance because over time, the wire clasps will break off.
- 7) Hard, sticky, and chewy foods should be avoided since they can damage the appliance.



Your Twin Block appliance will be adjusted and activated periodically. With good cooperation, it is typically removed after 12 months.

Finally, expect that the first week will feel very awkward as you get adjusted to your new appliance. Try not to become discouraged and keep a positive attitude. Despite feeling big and bulky, people rarely even know you have a Twin Block in place; and you look better with it in because it provides proper jaw position and improved facial balance. Good luck!