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## **Twin Block**

### **Why Do I Need A Twin Block Appliance?**

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Because you are still growing, Dr O'Callaghan will use a Twin Block Appliance to guide your natural growth and assist the lower jaw to grow further forward. This will also create increased room for your permanent teeth to erupt and ensure that your upper and lower teeth have improved biting relationships.

### **What Is A Twin Block Appliance?**

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- Two removable appliances, which stimulate the forward growth of the lower jaw while restraining the growth of the upper jaw.

### **How Do We Fit A Twin Block Appliance?**

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- Impressions of your upper and lower teeth will be taken so that the Twin Block Appliance may be constructed.
- Once the Twin Block Appliance has been constructed, it will be inserted into your mouth.

### **Getting Used to The Twin Block Appliance**

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- Your brain will think that there is food in your mouth and excess saliva will be produced
- Initially, you will be slurping excessively, but this should subside within 2-3 days as you become more accustomed to your Twin Block Appliance.
- Initially, your speech may be affected, as your tongue can no longer rest in its normal position. It is important for you to practice speaking aloud, speaking slowly and pronouncing each word carefully.
- After 2-3 days, you will become accustomed to your Twin Block Appliance. You may even forget that the Twin Block is in your mouth!
- If any areas become tender, please call Dr O'Callaghan's Rooms and an appointment will be made to adjust your Twin Block appliance.

## **How Do I Clean My Twin Block Appliance?**

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- It is important to remove your Twin Block Appliance when you are brushing your teeth.
- It is very important for you to clean your Twin Block Appliance extremely carefully. If food is not effectively removed from your appliance, it may cause dental decay and gum problems.
- Normally you use only your toothbrush, toothpaste and cold water to clean your Schwarz Appliance.
- Never use hot water or chemicals to clean your Schwarz Appliance. This will distort your appliance and a new appliance may be required.
- However, commercial plate cleaning products are suitable to use. These products can be purchased from your chemist (or some supermarkets) e.g. Polodont or Steradent. When using these products only use them with cold water.
- Soaking the plates in undiluted white vinegar (not brown) for 30 min may remove any residual white spots (calculus) and remove unpleasant odours and flavours.
- Please ensure that you do not forget to brush and floss the rest of your teeth as usual
- It is important that you brush and floss your teeth after every meal, in the morning and before you go to bed at night!

## **What Should I Eat Now that I have My Twin Block Appliance?**

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- The Twin Block Appliance will affect your bite and it will take 2-3 days to become accustomed to your new biting pattern.
- Your Twin Block Appliance is delicate and easily damaged. It is important to replace your appliance in the case provided, each time it is removed from your mouth.
- It is important that you remove the appliance before main meals, but you may have snacks while wearing your Twin Block Appliance.
- Please do not forget to clean your teeth and replace your Twin Block Appliance once you have finished eating.

- **Please avoid:**

**Hot Liquids** such as soup or hot drinks while you are wearing your Twin Block Appliance

**Sweet Drinks** such as Coke, Diet Coke, Pepsi, Diet Pepsi and any sports drinks

**Chewing** such foods as chewing gum

## What Happens If I Break My Appliance?

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- Broken or dislodged appliances are likely to occur from time to time during your orthodontic treatment. If there is any disturbance such as loose bands, broken or poking wires, please call our Rooms and we will evaluate the urgency of your problem and schedule an appointment accordingly. In fairness to the other scheduled patients, we are **unable** to see you for unscheduled appointments **before or after** school. These appointments will need to be made during school hours.