



Functional Appliance Twin Block

Instruction guide

About your plate

Twin blocks are orthodontic plates top and bottom used to correct the bite. It uses growth to lengthen the lower jaw and supporting muscles to bring the lower jaw forward. This type of treatment only works with growth and is a wonderful way of reducing the likelihood of jaw surgeries and complex orthodontic treatments at a later stage. It is a first phase of orthodontic treatment and is not designed to straighten teeth. Alignment concerns will be addressed at a later stage. To work these plates must be worn full time day and night to achieve optimal results.

What to expect

An increase of saliva production is very normal and will settle down quickly. Ulcers or sore spots aren't normal so please let us know.

Lots of talking, reading out loud and singing will help your speech to adjust to the plates.

Caring for your plate

To reduce risk of damage, place the plate as shown and secure by pushing on the acrylic. Remove at the back using the clasps. Do not pull on the front wire.

ALWAYS STORE IN IT'S CASE AS IT IS EASILY LOST OR BROKEN. Pets, especially dogs, are attracted by the scent and love to chew them! We advise keeping the case up high or stored away in a cupboard or drawer.

Clean the plate when you brush your teeth by using a tooth brush and running water morning & night. Use a denture cleaner like polident once or twice a week to freshen it up and reduce bacteria. Rinse your mouth with water after eating. Thoroughly clean your teeth especially at the sides where the plate is secured. Do not put in hot or boiling water.

Wear as instructed. It should be removed when you are eating, drinking (cold water is ok), playing contact sports or swimming.

PLEASE CONTACT US WITH ANY QUESTIONS OR CONCERNS

Continue to visit your general dentist 6 monthly



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