

# Twin Block Appliance



A Twin Block Appliance is used to bring the lower jaw forward. It consists of two removable orthodontic plates that fit on the upper and lower teeth respectively.

When fitting your twin block make sure you position the plates correctly and then use your fingers to push against the plastic until it clicks into place.

When removing your twin block always use your index fingers to pull downwards or your thumbs to push upwards on the metal clasps at the back

## CLEANING

Clean your plates twice a day when you brush your teeth with the residual toothpaste on your toothbrush. Brush the inside and the outside of your plates

## SPEECH

The first few days your speech will be altered. You need to practise speaking with your plates in and after a few weeks your speech will get back to normal

## CASE

When your plates are not in your mouth, they must be kept in your case. This will protect them from germs and from getting damaged AND you won't lose it



## Total Duration

Usually a Twin Block is worn for 9 - 12 months in total.



## Hours per Day

Your plates should be worn 20-22 hours per day



## Take It Out For

Tooth Brushing

Eating

Contact Sport

Swimming