

turning □

You will turn _____
(to be noted at your issue appointment).

It is a good idea to write it on a calendar, or put a reminder on your phone of when you have to turn. If you miss a day, do not try to catch up, leave that day and continue as normal.

fitting □

When fitting your twin block, always make sure that you look into a mirror so that you can correctly position the plates. Once your plate is in the correct position, simply use your fingers to push against the plastic and the plate will click into place.

removal □

When removing your twin block, always use your index fingers to pull downwards on the metal clips located on the far back sides of the plates. To remove the lower plate use your thumbs and push up. This will help prevent damage to the more delicate wires at the front of the appliance.

speech □

In the first few days your speech will be altered and you will create extra saliva. This will reduce with time and practice. Reading out loud for 5 to 10 minutes a day will help you get your speech back to normal again.

cleaning your twin block □

Your twin block should be cleaned every day with a soft toothbrush and warm running water (not hot water). The best time to clean your twin block is when you brush your teeth, as you will be near a sink and the plates need to be removed anyway.

Plate cleaning tablets such as Sterident or Retainer Brite may also be used occasionally, if the twin block develops an odour over time.

what we give you today □

A key - please keep in a safe place at home. If you misplace it, please let us know as soon as possible.

A baby toothbrush - to help clean your twin block with.

A case - to keep your twin block in, when it's not in your mouth or is being cleaned.

A sample of Retainer Brite - for you to use once every few months. Place tablet and twin block in a glass of water for 15 mins and then brush with the baby toothbrush to thoroughly clean it. You can use purchase more from our reception desk.

instructions for twin block



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what does a Twin Block do? □

A twin block consists of two removable orthodontic plates that fits both the upper and lower teeth. They may include springs to move individual teeth around, however the main aim is to ensure that the lower teeth are guided forward by the orthodontic appliances, so that the upper and lower teeth are positioned over one another, producing the overlap of the upper and lower teeth, which is naturally occurring.

expanding your twin block □

To create expansion with your twin block, you will be required to use a key to adjust your plate on a weekly basis, according to your Orthodontist's instructions.



1 Twin Block with key.



2 Place the key in the front hole located on the beginning of the yellow arrow.



3 Push the key in the direction of the yellow arrow until it will go no further.

Once this is completed, the key should simply slide out and a new hole should be visible at the beginning of the yellow arrow. The twin block is now ready for the next time you need to expand. You may also find that a space opens in the middle of the upper plate, confirming a correct rotation has occurred.

expanding your twin block □

Turn your expansion screw as specified by your Orthodontist. To help you remember, do the expansion on the same day each week. Turning is best done at night before bed, so that you get used to the expansion over night. You should feel some pressure after the plate has been expanded each time and in a few hours this pressure will subside.

wear □

Unless otherwise instructed, your plates should be worn almost 24 hours a day. This means that you leave your twin block in place for sleeping and eating soft foods. The only times you may remove your plates is when you are cleaning your teeth, playing a contact sport, eating very hard or sticky food, or swimming at the beach.

Note: not wearing your twin block will result in a poor fit, which can be uncomfortable and will prevent you from achieving the best result.