

TWIN BLOCK INSTRUCTIONS

Congratulations, you have started your orthodontic treatment! Now that you have started wearing the Twin Block it is very important to follow instructions and care for your appliance. With your cooperation we are one step further to meeting your orthodontic goals!

What's a Twin Block?

- A Twin Block is an orthodontic appliance used to correct an overbite by moving the lower jaw forward.

What to Expect:

- Most people adjust quite well after the first week. Remember, things do get better if you give yourself time to get used to it
- Speech will be altered, so reading/speaking out loud for 5-10 min a day will help get your speech back to normal in a week
- With **proper** compliance, the Twin Block should be worn for about 10-12 months.

Turning Expander:

- The amount of turns will be determined by the doctor
- To create expansion, you will be required to use the key provided by the office (Please keep in a clean safe place)
- Turning is best done before bed so that you get used to the expansion overnight
- Located in the centre of the upper Twin Block there is a little keyhole, with arrows either side. These arrows show the direction the key needs to be pushed. Make sure you do a full turn, otherwise you will lose the hole. Remove key once you can't push any further and you see a new hole at the top.



Instructions:

- Remind yourself to bite forward
- **Wear 22 hours a day. Only remove to eat and brush. Note: Not wearing your appliance will prevent you from achieving the best results and may lead to Orthognathic Surgery, extractions, and extended treatment times.**
- Do not play with the appliance with your tongue. This will cause the appliance to become loose or broken.
- Always use two hands to remove appliance
- It is important that you brush your teeth well at all times during orthodontic treatment. We recommend that you brush 3 times a day for 3 minutes. Brush gently on ALL surfaces of the appliance daily to keep it clean and prevent build up.

Emergency:

- For all orthodontic emergencies, we encourage you to use our "Online Check-in" system. This can be located on our website - <https://www.auraortho.com/online-check-in/>