

BLOCK

WHAT IS A TWIN BLOCK? The twin block is an appliance that moves the lower jaw into a more forward position, encouraging growth and a better fit of the upper and lower teeth. The twin block is only effective with full time wear. Dr. Dueckman and Dr. Felty will check the fit of your appliance at each visit, so be sure you wear the twin block to your appointment.

THINGS TO REMEMBER:

- Wear the twin block full time - **including** when eating. (Start with soft foods like yogurt, oatmeal, etc. and work up to harder foods. You can also start with trying to eat with the twin block one meal a day and work up to all meals)
- Keep your twin block away from pets - they love to chew on them!
- Brush your twin block after every meal with a bit of toothpaste and a toothbrush, since you will be eating with it in. NEVER use hot or boiling water as it can warp or melt the twin block.



- You can also soak the twin block in a diluted mouthwash solution for 10 minutes to keep it fresh.
- If you get white mineral deposits on your twin block soak it in a 1/2 water and 1/2 vinegar solution before brushing. You can also soak it in denture or retainer cleaner tablets (available at the drug store).
- Muscle fatigue or tenderness is normal the first few days of wearing your twin block.

Most twin blocks also have an expander in the upper appliance.

HOW DOES THE EXPANDER WORK AND WHAT SHOULD I EXPECT?

- Often the expander is turned once every few nights (Please follow the instructions given to you by Dr. Dueckman and Dr. Felty).
- If you forget to do a turn do NOT give extra turns to “catch-up.” Just continue to follow the prescribed schedule.
- Stop turning the appliance after you have completed the number of turns recommended by Dr. Dueckman and Dr. Felty.
- You may experience some pressure (that feels like a sinus headache) after turning the appliance. This is normal and a good sign!
- You may start to see a space opening between your front teeth – another good sign that the appliance is working!

Please do 1 turn every _____ days. Continue your turns until you reach a total of _____ turns or until your next appointment (whichever comes first).

Please contact our office if the twin block is not fitting well.