



*creating beautiful smiles  
& harmonious bites*

### Instructions for Twin Block Dentofacial Orthopaedic Appliances

Today you have been given a **Twin Block (TB)**. If you are able to take care to follow the instructions given then this dentofacial orthopaedic appliance can work efficiently without causing damage to your teeth. The TB is a unique design to encourage adaptation of the jaws into a more harmonious relationship, and because it is composed of two separate parts, giving the patient freedom to eat and speak relatively freely compared to other appliance types.

#### When should I wear the TB?

Your TB should be worn full-time (day and night (sleeping)). This INCLUDES eating. In fact the more you wear your appliances, especially when you eat, the jaw can better adapt quickly and your treatment will proceed efficiently. Generally the TB should only be out of your mouth for (1) brushing your teeth (2) contact sports you participate in which require a mouth-guard and swimming. When the appliance is out of your mouth it should be kept in a safe place and within the plastic sealed container supplied. Please do not leave in direct sunlight or exposed to other sources of heat. Should the TB not fit in your mouth for any reason, or if it becomes very loose, then contact us.

#### Will the appliance be painful?

Some patients may experience minor discomfort at the start of treatment, around the teeth/jaws. This will soon settle, and the TB should NOT be removed/not worn. You MUST continuously persist with wearing the TB so your mouth can be given the opportunity to adapt as soon as possible. Within approximately a week following insertion the TB should begin to feel relatively comfortable.

#### What can I eat?

Sugary and sticky foods will damage your teeth by causing tooth decay. It is very important that you should avoid eating sweets, lollies, sugary foods and fizzy drinks.

#### How and when should I clean my TB?

Clean your TB carefully with a manual toothbrush and toothpaste each time you brush your teeth, at least twice a day (once in the morning and once at night before going to bed). The recommended procedure for cleaning your TB is to fill your cleaned bathroom sink with cold water. Then holding the acrylic part of the TB, over the sink, gently scrub the TB with a manual toothbrush. Take care to avoid potentially bending/damaging the wire work. Once you have brushed your TB, for approximately 1 minute, rinse it thoroughly in the water. Do not use hot water or expose the appliance to heat as this will cause the appliance to warp. In addition every month soak your appliance using denture-cleaning tablets (use ¼ of a tablet and soak for 5-10 mins at a time) or mouthwash diluted with 50% water. During the day after meals rinse the TB as required under a cold tap water to clean any visible debris.

#### How do I turn the expander screw?

Please see video on Instagram @elainelimorthodontist page and view "SME" device. Rate of turn information has been provided to you by the clinician.

**If you have any concerns or questions please do not hesitate to contact us on ph: (03) 9576 9000**

**Limited Afterhours Urgent Contact text Dr Lim ph: 0407709987**

**Dental Emergencies call Royal Melbourne Dental Hospital ph: (03) 9341 1000**

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