

Twin Block

Information Guide

WHAT IS A TWIN BLOCK?

A Twin Block appliance is a removable, functional appliance. It is made up of two removable plates - an upper and lower plate. Each plate has matching blocks, which encourage the lower jaw to be held forward as the teeth come together.

A Twin Block is most efficient when used with children who are in a growth phase, usually to correct an underdeveloped lower jaw.

An expansion screw may also be incorporated into the upper plate to expand the upper jaw.



Before



After

WILL I STILL NEED BRACES?

Most children who have a Twin Block will go on to have braces or clear aligners at a later date. A Twin Block can only improve the position of the jaw and reduce the protrusion of the teeth. Braces or aligners are needed to straighten rotated, crooked or spaced teeth.

HOW LONG WILL THE TREATMENT TAKE?

Success of the treatment is reliant on **constant wear** of the appliance. Most patients who are going through a growing phase and have worn it well will wear it full time for approximately 12 months. After this, the orthodontist will reduce wear to night time only to maintain the result.

WHEN DO I WEAR THIS APPLIANCE?

The Twin Block appliance must be worn full time (this includes sleeping), except when eating or cleaning the appliance. It should also be removed for swimming and any contact sports where a mouthguard should be worn instead.

APPOINTMENT SCHEDULE

A couple of appointments are required to custom make and insert the Twin Block.

Appointment 1: Intra-oral Scan (10 mins)

A 3-D digital scan is taken of the teeth and forwarded to a local laboratory, where the twin block is made with a combination of 3-D printing and traditional laboratory techniques. Twin blocks come in different colours, so don't forget to let us know what colour you would like!

Appointment 2: Fitting the Twin Block (20 mins)

The Twin Block is fitted by the orthodontist approximately 2 weeks after the scan has been taken.

Appointments to check the progress with the Twin Block are every 8 to 12 weeks. At these appointments the orthodontist will check the bite and adjust the Twin Block if needed.

ADJUSTING TO LIFE WITH A TWIN BLOCK

With any new appliance, there is a period of adaptation. There may be some muscle discomfort for the first few days, and occasionally some tenderness in the teeth the appliance rests on. Mild pain relieving medication can be taken to help with this.

Talking and drinking can be challenging to begin with, but with practice improves rapidly.

While it is recommended that the appliance is removed for eating, it is important that sweet and acidic food and drinks are avoided, as they can damage the teeth and cause decay.

Pure Orthodontics

phone: 9370 3155 | www.pureorthodontics.com.au | **email** info@pureorthodontics.com.au