



If there is anything you need clarifying,  
please do not hesitate to contact us on  
01603 767747  
Smileorthodontics.norwich@nhs.net

# TWIN BLOCK

## WHAT IS A TWIN BLOCK AND WHY IS IT NEEDED?

Twin blocks are a functional appliance which promotes the growth of the lower jaw to create a more even bite. Twin blocks are advised when the lower jaw is smaller than the top jaw, and is most effective while you are still actively growing.

## WHEN DO I WEAR MY TWIN BLOCK?

You will be asked to wear your twin blocks full time, all day and night, only taking them out for eating/drinking, cleaning your teeth, sports and swimming. Both top and bottom should be worn together at all times for it to work.

## HOW DO I CLEAN MY TWIN BLOCK?

You should clean your twin block when you clean your teeth with a toothbrush and toothpaste and always remove the brace and clean them separately.

## HOW DO I REMOVE/INSERT MY TWIN BLOCK?

Always remove the brace using the clips around the back teeth. If you repeatedly flick the brace in and out with your tongue or remove the brace with the wire at the front, this can damage the wires and will inevitably increase your treatment time. We advise you keep your brace in a sturdy protective box when it is not in use.

## CAN I EAT NORMALLY AND WILL MY SPEECH BE AFFECTED?

You can eat normally as you will remove your brace to eat. Your speech will be different, reading out loud with the brace in will help. You may also find excessive saliva initially but this will pass.

## WHAT HAPPENS IF I LOSE OR DAMAGE MY BRACE?

Please call reception. There may be a charge to replace your brace if lost or broken beyond repair.

## SHOULD I STILL VISIT MY REGULAR DENTIST?

You should visit your regular dentist as normal during your brace treatment.