

## Instructions for the wear of a twinblock appliance

1. The appliance that you have works by stretching the muscles of the jaws, and correcting the direction of growth of your teeth and jaws. The brace is designed to be worn on a full time basis - this means day and night. The brace is made in 2 parts - a top plate and a lower plate and they must be worn together
2. It will take about a week to get used to the brace, initially the jaws, or teeth may ache slightly. The appliance will feel very bulky and you will find it difficult to speak normally for the first few days, the brace is to be worn for eating, although at the beginning this will feel awkward. Sticky and hard chew foods should be avoided.
3. THE TREATMENT CANNOT WORK IF YOU DO NOT WEAR THE BRACE
4. Take the appliance out for cleaning your teeth. The brace also needs to be brushed to remove plaque and food debris
5. If the appliance is uncomfortable, painful or damaged in any way please telephone for an early appointment. DO NOT wait until your next scheduled appointment
6. Please continue to see our own dental surgeon for normal dental care