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## TWIN BLOCK

When a child is growing, it is possible to improve the balance of the jaws with an appliance known as a Twin Block. In your orthodontic situation we want to stimulate the forward growth of the lower jaw while restraining the forward growth of the upper jaw. This will improve your overall orthodontic result. The Twin Block is a removable appliance which should be worn full time, except when eating, brushing your teeth or during active sports. The Twin Block is very comfortable to wear after a short adjustment period.

### SPECIAL INSTRUCTIONS:

1. Your Twin Block is to be worn **full time** except when eating or brushing and during sports activities.
2. You may be instructed to turn the screw in your Twin Block. This should be done **once per week**. If you forget to do a turn just do it the next day. **Do not turn it again for one full week**.
3. You should **read aloud** to a family member for **30** minutes each day, until you become accustomed to speaking with the appliance in.
4. Your **lips** should be kept **together** if at all possible, especially during rest or quiet times.
5. **Keep your Twin Block clean!** Clean all parts of the appliance with a toothbrush and toothpaste (optional).
6. **Handle your Twin Block with care!** This appliance is easier to lose than you think. When you take it out to eat, don't wrap it in a napkin and accidentally throw it away. Place it in your case for safe keeping.