



dobie+rollins
orthodontics

Twin Block Instructions

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. It will definitely take a few days to adjust to the appliance, but after this initial period, the Twin Block will become much more comfortable.

SPECIAL INSTRUCTIONS:

1. Your Twin Block is to be worn **FULL TIME** – even while sleeping. Only remove it for brushing, eating and during sports activities.
2. You should **read aloud** to a family member for **30 minutes** each day, until you become accustomed to speaking with the appliance in.
3. Your **lips** should be kept **together** if at all possible, especially during rest or quiet times.
4. **Keep your Twin Block clean!** Clean all parts of the appliance daily with a toothbrush and toothpaste.
5. **Handle your Twin Block with care!** This appliance is easier to lose than you think. When you take it out to eat, DO NOT wrap it in a napkin – it will get thrown away!! When you remove your Twin Block place it immediately in your case... Remember...

***** Keep it in your CASE or in your FACE*****

NEVER in a RANDOM PLACE!!!

