

INSTRUCTIONS TO PATIENTS WEARING A FUNCTIONAL APPLIANCE

The Twin Block appliances that have been given to you are a powerful method of correcting the bite. They encourage you to posture your jaw forward into a new position, this will feel strange and may look unusual to your parents and friends. Your jaw has not been permanently set in this position but by posturing the jaw forwards you will generate forces, which can move the upper and lower teeth into the correct position. The two braces are designed to work **together** and should both be worn at the same time.

- **WHAT TO EXPECT** – Initially your teeth will feel a little tender and you will certainly notice some effect on your speech. However, these initial symptoms will quickly subside as you get used to your brace. You should wear the appliances as much as possible and we even encourage wearing them during eating, if you are confident with them.
- **WEARING YOUR BRACE** – The appliances should not be worn for contact sports or swimming, it can also be removed at meal times if you have difficulty eating with them. When the appliances are out of the mouth for whatever reason they should be kept in a box.
- **INSERTING & REMOVING YOUR BRACE** – You will find it easier to insert your brace if you can see what you are doing in a mirror. Check that the wires are in the correct position, as you were shown when the brace was fitted, and push into place. Always remove the brace using the clips around the back teeth.
- **PROBLEMS** – If for any reason you are unable to wear **either** of your braces you must **remove them both** and contact us as soon as possible. We will arrange to see you before your next appointment if necessary. If you have previously worn an appliance it is essential to wear this in the meantime.
- **CLEANING YOUR BRACE** – It is important to keep both your teeth and your brace clean.
 1. **After breakfast and last thing at night** – Remove your brace and clean your teeth, gums and palate. Then using a toothbrush and toothpaste, clean your brace taking care not to damage the wires, before putting it back in.
 2. **After meals** – If possible clean your teeth and brace as above. If not rinsing both your brace and mouth with water will help to remove food debris
- **APPOINTMENTS** – It is important for your brace to be monitored regularly. If you miss an appointment please contact us as soon as possible to make a new one.

You will need to see your own dentist for regular check ups during your orthodontic treatment.