

## INFORMATION SHEET 3 - Functional/Twin Block Appliances



### What Are Functional/Twin Blocks?

These braces are designed to alter the way the face is growing by encouraging the lower jaw to grow forwards, improve muscle function and correct the relationships of the front and back teeth. Your top teeth should normally be in front of your bottom teeth by 2-4mm. This is called your overjet, if your overjet exceeds 4mm a twin block appliance is normally used to bring your lower jaw forward into the correct position.

### When should the twin blocks be worn?

Twinblocks work by harnessing the power of the chewing muscles and should be worn **all the time**. It is this constant positioning of your jaws that will ensure the desired encouragement and growth so your appliances should be worn **all day and all night** unless otherwise instructed. Please remember that if you do not wear your braces all the time your treatment will take much longer and your jaw will move back to its original position.

We do recommend that the braces are removed when playing contact sports, swimming or playing certain musical instruments to prevent injury to the lips/cheeks. Please keep your braces in their protective box when it is out of your mouth to avoid damage or loss. There will be a replacement fee if you lose or break the appliances.

### Will it hurt?

At first your brace may feel uncomfortable, your cheeks may feel sore and ache a little, but this is only temporary. If you wear the brace full time as instructed they will become more comfortable and easier to wear. Your speech may also be affected; this can be improved by reading aloud! The only way your speech will return to normal is if you wear your brace full time. Your mouth will water for a couple of days after your brace is fitted and you will want to swallow more than normal, again this will only happen while your mouth gets used to the brace.

### Should I eat whilst wearing the twinblocks?

Twinblocks are designed to allow you to eat with them in. This may be difficult at first but will get easier once you are used to them. As the braces are working to adjust your chewing muscles, the more you eat with them in, the faster the desired result will be achieved! The braces should be removed after eating to be washed and so you can clean your teeth.

Avoid eating toffees, sticky sweets and chewing gum. Limit fizzy drinks, including diet brands and fruit juices. Hard foods like apples, crusty rolls and pizza crust should be cut up first to avoid breaking your brace.

### How do I clean my brace?

Remove your braces to clean your teeth. Remember to brush the roof of your mouth to stop your mouth getting sore underneath your braces. Clean your brace with your toothbrush under cold running water. We also recommend the use of 'Retainer Brite' to keep your brace clean.

Your braces should be cleaned after all meals. If you are at school and cannot clean it, rinse your brace under the tap and rinse out your mouth to make sure there is no food trapped under your brace. Don't forget to clean your teeth and your brace when you get home from school!

### What happens if my brace breaks?

Sometimes a small part of the brace may break or become loose. If you are still able to wear the brace, do so. Call us as soon as possible to arrange an appointment so it can be fixed. Larger breakages will mean replacing the brace which will need to be paid for.