

Twin Block Appliance - Instructions and Care

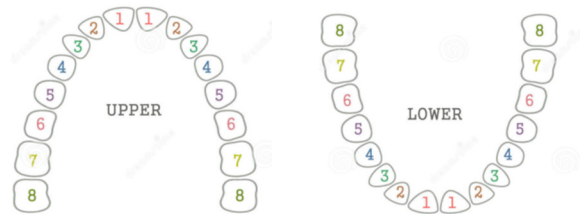
This appliance is designed to develop the jaw and correct Class II malocclusion by guiding the lower jaw forward.

Screw activation.

Your appliance may have screws incorporated to help develop the jaw. The screws should be turned with a key fully in the direction of the arrow. Each turn is a ¼ mm activation.

You should the following number of turns. The position of the screws are labeled to the right.

Screw 1: _____ Total turns
 Screw 2: _____ Total turns
 Screw 3: _____ Total turns



- They should be turned at the rate of _____.
- If you forget to do a turn, **DO NOT** do extra turns to catch up. This can have a negative effect on the treatment outcome.
- An activation of the appliance is recommended at bedtime so by the next morning, the pressure from the turn is gone.

Please write in the date to keep track of the number of turns.

Screw #1

1)	2)	3)	4)	5)	6)	7)	8)
9)	10)	11)	12)	13)	14)	15)	16)
17)	18)	19)	20)	21)	22)	23)	24)

Screw #2

1)	2)	3)	4)	5)	6)	7)	8)
9)	10)	11)	12)	13)	14)	15)	16)
17)	18)	19)	20)	21)	22)	23)	24)

Screw #3

1)	2)	3)	4)	5)	6)	7)	8)
9)	10)	11)	12)	13)	14)	15)	16)
17)	18)	19)	20)	21)	22)	23)	24)



Insertion and removal

- Place the plates in the correct position then push firmly. The appliances will click in.
- If the screw is activated, the appliance can feel tighter. Make sure the appliance is completely seated.
- To remove, pull down evenly on the back metal clips on both sides.

Wearing time

- The Twin block should be worn full time and removed only for cleaning.
- Not wearing the Twin block adequately will result in a poor fit.
- Wearing the Twin block while eating will speed up the treatment.
- The Twin block should be removed if playing contact sports.

Adjustment visits

- It's normal to feel uncomfortable in the first 2-3 weeks as you're getting used to the appliance.
- If tender area persists, please contact the clinic for adjustment.
- Otherwise, the appliance will be reviewed and adjusted every 4 weeks.

Cleaning

- The Twin block should be rinsed out after every meals.
- The Twin block is removed for cleaning in the morning and at night.
 - The appliance is cleaned with tooth brush and soapy water.
- Natural teeth should be cleaned normally without the appliance in the mouth.
- Inadequate cleaning may result in tooth decay and gum diseases.

Food

- Begin by eating soft food until getting used to the appliance.
- Avoid eating sticky and hard food to prevent chipping and breakage.
- Avoid sweet food and drinks to minimize the risk of tooth decay during treatment.

Replacement

- If the appliance is broken, there will be a fee for replacement. Please contact the clinic immediately.

For more information, please visit www.supadental.com.au or contact our office on (03) 9908 2138.

Kind regards,

Supa Dental Team