INFORMATION FOR PATIENTS AND PARENTS OR CARERS

Your **Twin Block appliance**

How to wear it and look after it

PORTADOWN ORTHODONTICS

What is **a Twin Block?**

A Twin Block is a **removable brace** with two plastic plates: one for your upper teeth and one for your lower teeth. When you bite together, blocks on the plates guide your lower jaw forward.

While you are still growing, this reduces the gap between your upper and lower front teeth (the **overjet**). Your upper front teeth then stick out less.



Image: Saikoski et al., CC BY 4.0

Wearing **your Twin Block**

- **Wear it 20 to 22 hours a day**, including while you sleep.
- We recommend the **30-minute rule**: never have your Twin Block out of your mouth for more than 30 minutes at a time.
- **Take it out only** to eat and drink, to brush your teeth and for any sport (including swimming). Then put it straight back in.
- Wear a gumshield for contact sports if we advise it.

Wear it 20 to 22 hours a day. The more you wear it, the better and faster it works. If you do not wear it enough, your teeth will not improve and treatment will take longer, and we may not achieve the best result possible.

The first **few days**

- **It will feel big.** You will get used to it, usually within a week or two.
- **Speech:** you may lisp at first. This usually gets better within a few days. Reading aloud helps.
- **Extra saliva:** this is common at first and soon settles.
- **Aching:** your teeth and jaw muscles may ache for a few days. You can take simple painkillers (always check with a parent and follow the instructions on the packet).
- **Your bite may feel strange** when the brace is out, and your back teeth may not meet. This is expected. It is part of how the brace works.

Eating **and drinking**

- **Take your brace out to eat and drink.** Then brush your teeth and put it straight back in.
- Avoid fizzy drinks (even diet ones), sugary drinks and fruit juice. **Water** and plain milk are best.

Keeping **it clean**

- Brush your teeth **twice a day** with fluoride toothpaste, and after meals if you can. Do not rinse afterwards.
- Each time you brush, **clean your brace with your toothbrush and toothpaste**. Then rinse it in cool water.
- **Clean it over a sink filled with water**, so it is less likely to break if you drop it.
- **Never use hot water** – it can bend the plastic so the brace no longer fits.
- Use a fluoride mouthwash if we or your dentist advise it, at a different time from brushing.
- Keep seeing your regular dentist for check-ups.

Looking after **your brace**

- When it is out of your mouth, **keep it in its hard case**. Never wrap it in a tissue – it is easily thrown away. Keep it away from pets (dogs love to chew braces).
- Do not try to adjust or repair it yourself.
- **Keep your model safe.** This is the model of your teeth we gave you when your brace was fitted.

If your brace **breaks or gets lost**

Always bring the model of your teeth with you:

- **If your brace breaks:** bring it back with your model and we will repair it **free of charge**. Without the model, a repair costs about **£80**.
- **If you lose your brace:** bring your model and we will make a new one **free of charge**. If you have lost the model too, there is a health service (NHS) charge of about **£110**.
- **If you lose or break your Twin Block appliance twice,** you will need to pay privately for any further repair or replacement, which costs **£250 to £500** depending on the brace.

Problems and **what to do**

Problem	What to do
Rubbing or a sore spot	Rinse with warm salt water a few times a day. Contact us if it does not get better in a few days.
Brace broken, loose or not fitting	Use the Broken brace form (Contact us > Broken brace) at portadownorthodontics.co.uk/broken-brace.html. Sharp and causing pain? Call us. Keep wearing it if you can, unless we tell you to stop. Bring all the pieces and your model.
Brace lost	Use the Broken brace form as soon as possible. Your teeth may move back without it.
Pain that does not settle	Contact us.
Knock to the face or a broken tooth	Get urgent dental advice from your regular dentist, then let us know what they have advised.

Your **appointments**

- We will usually see you every few weeks to check your progress and adjust your brace. Bring your brace every time. If you cannot come, tell us as soon as possible.
- Removable or Twin Block appliances typically take **4 to 12 months**, depending on severity and how many hours a day the brace is worn. Afterwards, you will usually have **fixed braces** to line up your teeth.
- **If you repeatedly miss appointments, we may have to stop your treatment early**, as brace treatment needs to be monitored closely.
- At your appointments you will be seen by members of our orthodontic team, including orthodontic therapists, our dentist with enhanced skills in orthodontics, Dr Méabh Maguire, and our specialist orthodontist.

Tips **for success**

- **Put it straight back in** after meals and brushing. A phone reminder can help.
- **Practise speaking** with it in. The more you wear it, the sooner speech feels normal.
- **Parents and carers:** gentle reminders and praise help, especially in the first few weeks.

Questions **or problems?**

Clinic name	Heathwood House	**Phone**	028 3870 2623
Email	heathwoodhouse@djmaguiredentists.co.uk		
Opening hours	Mon–Thu 8am–5pm; Fri 8am–4pm (usually closed 1–2pm)		

Please have your name and date of birth ready when you contact us.