

Twin Blocks

What should I expect when my braces are fitted?

- Twin blocks come in two parts, one for your top jaw and one for your bottom jaw. Both parts must be worn together to work. Push your bottom jaw forwards, then bite together. Keep the blocks together at all times.
- Initially the brace may feel “weird” or “bulky” but this will settle down as you get used to it.
- You may feel that you have a bit more saliva in your mouth again this is normal.
- Your speech may seem strange at the beginning but this will improve with practice.

When do I wear them?

- These braces are designed to be worn 24 hours a day, day and night, eating, sleeping unless we instruct otherwise.
- Eating may be difficult initially but persevere, your treatment will go quicker.

When do I take them out?

- Remove the brace after every meal and clean it.
- To brush your teeth.
- Remove the brace for contact sports and swimming.

How do I clean them?

- Clean the brace with a toothbrush and cold water.
- Twin blocks can also be cleaned in retainer disinfectant once or twice a week, this can be purchased at reception.

Do I need to avoid anything whilst eating?

- Avoid hard, sticky or chewy foods these can damage your brace.
- Avoid fizzy drinks, these can damage your teeth.

What should I do if my brace doesn't feel right?

- Continue to wear your brace as instructed but contact us as soon as possible and arrange an emergency appointment.

What should I do if I damage/lose my brace?

- Contact us as soon as possible and arrange an emergency appointment.
- If you lose your brace, break it or fail to wear it as instructed there are charges for replacements.

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