

Patient information

Twin - Block Appliance Instructions

How does it work?

Your brace is called a twin block appliance. It holds your lower jaw forwards so that your face muscles are pulling back gently on your upper front teeth. The aim of the twin block is to help reduce the bite between the upper jaw and lower jaw.

Advice on wearing the twin block appliance

- For the first two to three days wear the braces for increasing lengths of time. To begin with you will probably find that the muscles in your cheeks ache a little - this is normal! After the third day you should be able to wear the braces all the time.
- The only times they should be removed is while playing sports, swimming, cleaning and brushing your teeth when they should be placed in a strong box for protection remembering to replace them as soon as possible.
- Avoid tough, hard or chewy foods such as toffees, nuts, chewing gum, and boiled sweets. Hard foods can bend the wires or break the plastic. Sticky foods will stick to the plastic and wires resulting in damage when removed.
- Keep your lips together as much as possible while you wear your braces – this helps them to work to correct your teeth.

How to look after your twin block appliance?

- It is important that you keep your teeth and braces very clean to help avoid damage occurring to your teeth and to reduce the risk of mouth infections. You will have been shown how to clean the braces and the cleanliness of these and your teeth will be checked at each appointment.
- The braces are costly to repair and as you cannot wear them while they are being repaired the result is that your orthodontic treatment will take longer. They are also very costly to make and if they need to be replaced you will have to pay for them to be remade.
- You will be seen regularly to adjust your braces but it is important that you continue to keep your regular checkup appointments with your dentist.
- If you have any problems with your braces, please notify the department as soon as possible and the receptionist will try to fit you in on our next clinic. If for any reason you have to alter an appointment, please give as much notice as possible.

Consent

Although you consent for this treatment, you may at any time after that withdraw such consent. Please discuss this with your medical team.

Sources of information

Consultant Orthodontist, Senior Dental Nurse at Orthodontic Department, –
Eastbourne DGH – Tel: 0300 131 4500 Ext: 771756

Important information

The information in this leaflet is for guidance purposes only and is not provided to replace professional clinical advice from a qualified practitioner.

Your comments

We are always interested to hear your views about our leaflets. If you have any comments, please contact the Patient Experience Team – Tel: 0300 131 4784 or by email at: esh-tr.patientexperience@nhs.net

Hand hygiene

We are committed to maintaining a clean, safe environment. Hand hygiene is very important in controlling infection. Alcohol gel is widely available at the patient bedside for staff use and at the entrance of each clinical area for visitors to clean their hands before and after entering.

Other formats

If you require any of our leaflets in alternative formats, such as large print or alternative languages, please contact the Equality and Human Rights Department on 0300 131 4434 or esh-tr.AccessibleInformation@nhs.net

After reading this information are there any questions you would like to ask? Please list below and ask your nurse or doctor.

Reference

The following clinicians have been consulted and agreed this patient information:

Dr F. Pantanali - Consultant Orthodontist.

Dr A. Ahmad - Consultant Orthodontist

The directorate group that has agreed this patient information leaflet:

Diagnostic, Anaesthetic and Surgery

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Responsible clinician: Julia Cousins, Hannah Williams

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