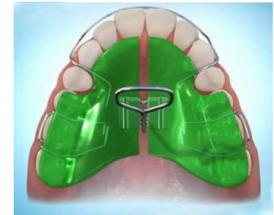


TWIN BLOCK



WHAT IS A TWIN BLOCK?

It is a removable functional appliance made up of two components, an upper and lower plate. These plates work together to posture the lower jaw forward, encouraging it to grow to its fullest potential. The upper plate may also have an expansion screw to widen the upper arch when needed.



WHAT TO EXPECT?

At first, the appliance will feel quite large and uncomfortable and may make your facial muscles sore and tired, but with time and perseverance, your mouth will become used to it. **Talking may seem difficult**, however time and practice will improve it significantly.

The increase of **saliva and difficulty of swallowing** is expected but will subside within the first few days.

HOW TO WEAR IT:

- You will start wearing the appliance for a couple of hours a day and progressively increase until you manage to wear it full time.
- There will be a few times during the day when you are allowed to take them off:
 - Meal times
 - Tooth brushing,
 - Contact sports and swimming.

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