

Dear parent,

Today your child has been issued with a Twin Block appliance. As we discussed today, there are some very important aspects to the use of this appliance, which are crucial to its success.

We must always be aware that the appliance will achieve the desired result only if it worn as directed. The appliance is not effective if worn for lesser periods.

1. The appliance must be worn at all times except for sporting activities (if a mouthguard is worn) and for cleaning.
2. Cleaning is necessary with a toothbrush and toothpaste after every meal.
3. To insert the upper appliance place it in the mouth, gently pressing with the index fingers so as the back clasps surround the molars.
4. To insert the lower appliance, follow the previous instructions.
5. When removing the upper appliance please place your index fingers on the back clasps and push down, gently easing the plate down.
6. When removing the lower appliance place your thumbs on the back clasps and ease the plate upwards, gently easing the plate up.
7. It is normal for your child to experience some discomfort in the teeth and facial muscles in the first week or two after receiving the appliance.
8. If treatment progresses well, it can be expected that the appliance will be worn fulltime for 12 months before progressing to braces.
9. As you can appreciate, there are laboratory fees associated with the fabrication of the appliance and breakage or loss will attract a laboratory fee for repair/replacement.
10. The appliance will eliminate the protrusion of the top teeth in relation to the lower teeth. The appliance will not make space for crowded teeth and will not straighten teeth, as would braces.
11. It can be anticipated that through the successful use of the appliance, later braces treatment will be made less complicated.
12. **It is important that whilst your child is under treatment with us that he/she continues periodic dental examinations with your general dentist.**



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