



SUFFOLK
ORTHODONTICS

Creating Smiles

www.suffolkorthodontics.co.uk

Twin Block (TB)

Your functional appliance - (Twin Block)

Wear your functional appliance at all times including when sleeping. Remove it for eating and sports that require you to wear a mouth guard. Always remove the brace when brushing teeth and clean the brace well with your toothbrush and toothpaste. When not in your mouth

it should be kept in a brace box to prevent loss or damage.

When first fitted do expect some discomfort and some difficulty with speech. This is normal and will improve after a few days. Practise reading aloud from a book to improve your speech.

You must continue to see your regular dentist for check-up appointments throughout your orthodontic treatment.

If you are unable to wear the brace for any reason please contact the practice straight away for advice. Regular attendance is important so try to avoid missing appointments.

If you do not wear your brace as instructed, fail to brush your teeth properly or miss appointments your treatment may be stopped.

Please remember your brace is only working when it is in your mouth!!

A charge will be levied for appliances lost or damaged beyond repair. This is in accordance with the NHS Regulation 11 fee Act. The current charge for this is £80.70 per item. (April 2019)

Please call us on 01473 636991, during normal working hours, if you have any problems with your Twin Block. Out of hours 111.