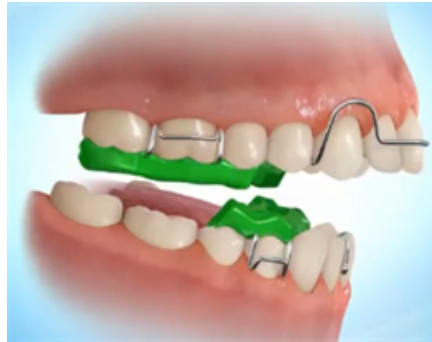


TWIN BLOCK



The Twin Block is made of an upper and lower plate which work together to correct the bite. It is like wearing two appliances that work together. One fits the upper jaw and the other fits the lower jaw. They work together to bring the jaw forward.

To achieve the best and fastest possible correction requires your cooperation. Wear your Twin Block full-time except when cleaning or for active sports. Forgetting to wear your Twin Block will make your treatment take longer and may even affect the final result.

As with anything new, you can expect it to take a little time to get used to wearing your Twin Block. You may notice an affect on eating and speech, (reading out loud and tongue twisters can help your tongue adapt faster). As with anything in your mouth, the amount of saliva may increase at first. After you get used to wearing your Twin Block, this will settle, you may notice your teeth are sensitive or even loose during wear. Sensitivity usually settles within the first few weeks and loose teeth are the initial stages of your teeth moving and will eventually firm again. You may also experience soreness or ulcers, particularly behind your lower front teeth, if so please call us so we can adjust your plates. After each meal, remove your plates and brush your teeth, as well as the inside and outside of your plates. Then rinse the plates and your mouth before replacing. To keep your Twin Block extra clean, you may soak your plates in denture cleaner, such as Polident for 5-10 minutes in warm (not hot) water. Rinse your plates prior to replacing them.

IT'S UP TO YOU:

- Wear your plates as directed. Usually this is full time. Less than this reduces its effectiveness dramatically. The more you wear your Twin Block, the sooner your treatment will be complete and the better the final result for you.
- Make sure you keep your Twin Block clean and in its case when you are not wearing it. Your Twin Block is fragile and expensive so DO NOT put it in your pocket or wrap it in a napkin.
- DO NOT put your Twin Block in hot water or near heat, as the plastic will warp.
- DO NOT soak your plates in mouth rinses or disinfectants, as this may affect the plastic (and make them taste bad).
- DO NOT leave your Twin Block lying around where others or your family pet can get to it.

CTB SPEECH EXERCISES

The following speech exercises will help you adapt quickly to your new appliance. Repeated regularly your tongue will quickly re – adapt to the appliance & your speech will improve within a few days.

Bippity	Cippity	Dippity	Fippity	Gippity	Hippity
Boppity	Coppity	Doppity	Foppity	Goppity	Hoppity
Bappity	Cappity	Dappity	Fappity	Gappity	Happity
Jippity	Kippity	Lippity	Mippity	Nippity	Pippity
Joppity	Koppity	Loppity	Moppity	Noppity	Poppity
Jappity	Kappity	Lappity	Mappity	Nappity	Pappity
Quippity	Rippity	Sippity	Vippity	Wippity	
Quoppity	Roppity	Soppity	Voppity	Woppity	
Quappity	Rappity	Sappity	Vappity	Wappity	

SPRING ALIGNERS



The Spring Aligner is an appliance that can be used on both arches. It is great for minor rotation and correction of anterior alignment.

You have received a Spring Aligner to help straighten your teeth. Your Spring Aligner won't work if you only wear it at night. That is because in order to move teeth there needs to be continuous pressure on them; otherwise they will move the right way while you wear your Spring Aligner and the wrong way when you have it out. Your Spring Aligner needs to be worn 24 hours a day as possible. It is ok to remove it while you eat, while you brush and while you play sports. The rest of the time it must be fully seated in your mouth.

When you need to take your Spring Aligner out of your mouth, you must keep it in the case that we gave you. Many appliances have been accidentally thrown away, stepped on or eaten by the dog because they were left sitting out. NEVER wrap your Spring Aligner in a napkin while you eat. Always have your case with you. If you don't have your case available, don't take out your Spring Aligner. Leave it in your mouth while you eat and rinse it off afterwards.

Caring for your Spring Aligner

1. Take good care of your appliance. It is too expensive to replace it if it is lost or broken.
2. Keep your appliance in its case when it is not in your mouth.
3. Never place your appliance in a napkin or a lunch tray where it may be accidentally thrown out.
4. Keep your appliance out of reach of cats and dogs. They like to chew on it.
5. Do not wear your appliance while brushing your teeth, eating, swimming, or while participating in rough contact sports.
6. Clean your appliance with your toothbrush daily.
7. If a sore spot develops, contact the office as soon as you can. Continue to wear the appliance as much as possible until it is adjusted.

Note: Your Spring Aligner must be worn as prescribed to be effective