

Twin Block Appliance

A twin block consists of two removable orthodontic plates, one each for the upper and lower teeth. They may include springs to move individual teeth slightly and to expand the upper jaw.

When fitting your twin block make sure you correctly position the plates. Once your plate is in the correct position, simply use your fingers to push against the plastic and the plate will click into place.

When removing your twin block always use your index fingers to pull downwards on the metal clips located on the far back sides of the plates. To remove the lower use your thumbs and push up. This will help prevent damage to the more delicate wires at the front of the appliance.



Specialist orthodontic practices in the Illawarra, Southern Highlands and Wentworthville area.

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SHELLHARBOUR PRACTICE

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WENTWORTHVILLE PRACTICE

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All Appliances: Speech

In the first few days your speech will be altered and you will create extra saliva. This will reduce with time and practice. Reading out loud for 5 to 10 minutes a day will help you get your speech back to normal again.

It is important you contact the office if you are unable to operate the expander when fitted.

**100% Pure Orthodontics
Treating The Whole Family**

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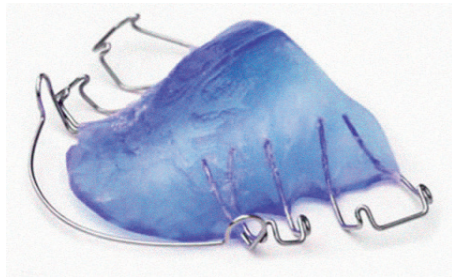
Orthodontic Appliances



Upper Removable Appliance (URA)

An upper removable appliance consists of a removable orthodontic plate that fits the upper teeth and palate. It may include springs to move individual teeth slightly and/or a wire to push some teeth back, however their main aim is to expand the upper arch and make room for the developing teeth to come through in a better position.

When fitting your URA, always make sure that you look into a mirror so that you can correctly position the plate. Once your URA is in the correct position, simply use your fingers to push against the plastic and the plate will click into place.



Wearing your Twin Block or Upper Removable Appliance

Unless otherwise instructed, your appliance should be worn almost 24 hours a day. This means that you leave your appliance in place for sleeping and eating soft foods. The only time you may remove your plates is when cleaning your teeth, playing a contact sport, eating very hard or sticky food, or swimming at the beach.

Not wearing your appliance will result in poor fit, which can be uncomfortable and will prevent you from achieving the best result.

Care of your Twin Block or Upper Removable Appliance

Your appliance should be cleaned everyday with a soft toothbrush and warm running water (not hot water). The best time to clean your appliance is when you brush your teeth.

It's important when your appliance is not in your mouth that you keep your appliance in the box given to you. This will avoid it being lost or broken.

Expanding Your Twin Block or Upper Removable Appliance

To create expansion with your appliance, you will be required to use a small turning tool to adjust your plate according to your orthodontist's instructions.

- Step 1.** Remove appliance from your mouth.
- Step 2.** Place the small turning tool in the front hole located on the beginning of the arrow.
- Step 3.** Push the small turning tool in the direction of the arrow until it will go no further.
- Step 4.** Slide out the small turning tool and the new hole should be visible at the beginning of the arrow.
- Step 5.** A space between the front teeth may appear and close naturally a few weeks after stopping the expansion.



Rapid Maxillary Expansion Appliance (RME)

Rapid maxillary expansion appliances are designed to expand the upper back teeth and upper jaw. When you first receive the appliance, it may rub on the cheeks of your mouth a little bit. Please use the wax provided to protect the cheeks. This is usually needed only for a few days.

Cleaning your RME

It's important to take care of your RME. You should brush your teeth normally, paying special attention to brush the whole appliance both the cheek and palatal sides. Brush the screw hole to make it easily visible for the expansion.

Expanding Your RME Appliance

To create expansion with your appliance, you will be required to use a small turning tool to adjust your plate according to your orthodontist's instructions.

- Step 1.** Place the small turning tool in the front hole.
- Step 2.** Push the small turning tool in the direction of the arrow until it will go no further.
- Step 3.** Slide out the small turning tool and the new hole should be visible at the beginning of the arrow.
- Step 4.** A space between the front teeth may appear and close naturally a few weeks after stopping the expansion.



Expanding Your Super Screw

To create expansion with your appliance, you will be required to use a small turning tool to adjust your plate according to your orthodontist's instructions.

- Step 1.** Place the body of the wrench against the upper incisor teeth.
- Step 2.** Locate the screw and lock it in with the wrench.
- Step 3.** Open as wide as possible.
- Step 4.** Turn the wrench down towards the lower lip (you should feel some pressure).



Herbst Appliance

A Herbst appliance is comprised of an upper and lower plate bonded to the back teeth. These two plates are joined by a pair of arms which encourage the lower jaw to be postured forward. An expansion screw may be incorporated into the upper plate. Your orthodontist may activate the arms at your appointment. It is important to avoid hard foods whilst the Herbst is in place to prevent the arms from dislodging. If the arm of the Herbst appliance unwinds and detaches, use the allen key provided to place the arm back on in a clockwise direction. If this is too difficult then use the allen key in an anti-clockwise direction to remove both arms and contact us for an appointment to re-attach the arms.

The Herbst appliance may rub on the cheeks of your mouth when first fitted. Please use wax or cotton rolls provided to protect your cheeks. This is usually only needed for a few days.

