



Otago Orthodontics is a place where the genuine care and comfort of our patients is our ultimate mission

Day	Hours
Monday	8:15am - 5:00pm
Tuesday	8:15am - 5:00pm
Wednesday	8:15am - 5:00pm
Thursday	8:15am - 5:00pm
Friday	8:15am - 5:00pm
Saturday	Closed
Sunday	Closed



Otago Orthodontics

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Twin Blocks

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Twin Blocks

WHAT DOES A TWIN BLOCK DO?

A twin block consists of two removable orthodontic plates that fit both the upper and lower teeth. They may include springs to move individual teeth around, however, the main aim is to ensure that the lower teeth are guided forward by the orthodontic appliances, so that the upper and lower teeth are positioned over one another.



Dolphin

Instructions

EXPANDING YOUR TWIN BLOCK

To create expansion with your twin block, you will be required to use a key to adjust your plate on a weekly basis, according to your Orthodontists instructions.

Once this is completed, the key should simply slide out and a new hole should be visible at the back of the arrow.

The twin block is now ready for the next time you need to expand. You may also find that a space opens in the middle of the upper plate and your plate feels tighter when you put it back in.

Turning is best done at night before bed, so that you get used to the expansion overnight. You should feel some pressure after the plate has been expanded each time and in a few hours this pressure will subside.

You will turn your key on

(to be noted at your issue appointment).

It is a good idea to write it on a calendar, or put a reminder on your phone of when you have to turn. If you miss a day, do not try to catch up, leave that day and continue as normal.

WEAR

Unless otherwise instructed, your plates should be worn almost 24 hours a day. This means that you leave your twin blocks in place for sleeping. The only times you may remove your plates is when you are cleaning your teeth, playing sport, eating food, or swimming. Note: not wearing your twin blocks will result in a poor fit, which can be uncomfortable and will prevent you from achieving the best result.

FITTING

When fitting your twin block, always make sure that you look into a mirror so that you can 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.

REMOVAL

When removing your twin blocks 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 plate use your thumbs and push up. This will help prevent damage to the more delicate wires at the front of the appliance.

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.