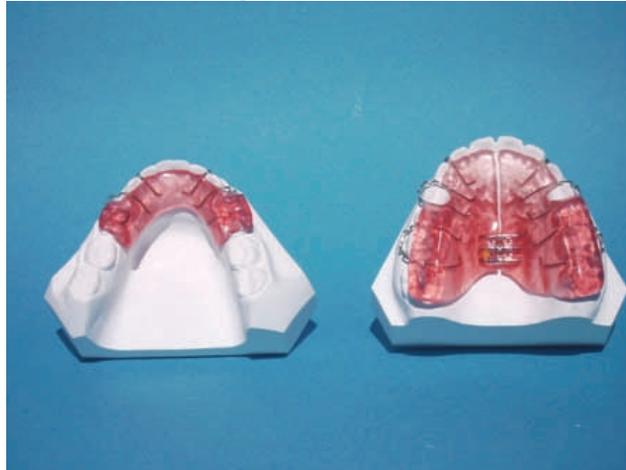




moshiri orthodontics

*for a smile that lasts*



## TWIN BLOCK

**The Twin Block is a removable functional appliance comprised of upper and lower retainers which work in concert to correct a class II malocclusion ( lower jaw behind upper jaw). Often, the upper appliance also has an expansion component that requires activation as many class II patients also have narrow maxillas. At scheduled appointments, Dr. Moshiri may add acrylic to the lower retainer to further “push” to lower jaw forward as patients accommodate to their corrected positions.**

#### **Wearing the Twin Block:**

- To achieve maximum results, the Twin Block must be worn full-time except when cleaning, eating, or for active sports. Lack of wear makes treatment longer, and will reduce the quality of the final result. We expect at least 22 hours of wear per day.

#### **Appliance activation:**

- Follow the schedule for activation of your Twin Block key as provided by Dr. Moshiri.
- First, tie a piece of floss around your key so it does not become lost. Then remove the upper appliance and turn it over.
- Insert the key into to hole in the middle of the screw and turn once towards where the back of the mouth would be (as the arrow indicates) until the next key hole becomes present. Insert the appliance back into the mouth until it fits snug; feeling pressure is normal, and usually subsides within a couple of hours.

#### **Appliance care:**

- Brush your teeth three times a day, as well as the inside and outside of your Twin Block retainers. The retainers should be soaked in denture cleaner twice a week, for 10 minutes, in warm (not hot) water to keep them especially clean.
- Always keep the retainers in your case, **not napkins**, when they are out of your mouth.
- Keep the appliance away from dogs, they love the smell and will think it's a chew toy.

If your Twin Block breaks, becomes loose or lost, please call **(314) 4-BRACES**