



# Peel Orthodontics

More Than A Smile



## THE FIRST WEEK

*You must wear your TB all the time, except during cleaning and sports. At first it will feel strange and bulky, but you will get used to it. You will notice that:*

- You produce more saliva, but this will go away after a few days*
- You may feel some soreness in the jaw joints just in front of your ears. This is normal, and will disappear as you get used to wearing your Functional appliance. If necessary, take what you would normally take for a headache*
- Your speech may be affected. The best way to overcome this is to read out loud and practise the difficult sounds for ten minutes somewhere you will not be disturbed. You will be surprised how quickly you can adapt.*

## TWIN BLOCK

*Your Twin Block, (TB), Functional appliance is designed to help you hold your lower jaw in a more forward position than before, which will make your front teeth seem less prominent. However, it is not designed to straighten your teeth. The treatment usually takes about 1 year, and it will:*

- Improve your profile, giving you a stronger chin*
- Make it easier to close your lips together*
- Improve the way your upper and lower teeth come together.*



## DIET

*If you have been advised to eat with your TB, it is the most difficult challenge at the beginning. To make it easier, you should eat soft foods that do not need much chewing, and cut tough foods up into small pieces that you can eat more easily.*



## CLEANING

*You must keep your TB clean otherwise your palate may become sore and infected, and your TB will smell unpleasant.*

*You should clean your TB with a normal toothbrush and toothpaste at least twice a day, at the same time as you clean your teeth.*

*Please ensure you see your family dentist every six months for a professional clean and dental examination*



## FITTING

*When fitting your TB, always look into a mirror so you can correctly position the plate. Once in position use your fingers to push against the plastic and it will click into place.*

*When removing your TB, always use your index fingers to pull downwards on the metal clips located on the far back sides of the plate.*

*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.*

*Take out your TB appliance for swimming or sports*

*Always store your plate in an appliance case when it is not being used. This way it will not get lost or broken. NEVER wrap it in tissue or a napkin, as it often gets broken or thrown away.*

## CONTACT US

*If you have any queries, please contact us on 9586 9653, [info@peelorthodontics.com](mailto:info@peelorthodontics.com), or private message through Facebook. There is an emergency page on our website at [www.morethanasmile.com.au](http://www.morethanasmile.com.au) . If you still require assistance after hours, please leave a voice message on 0444 579 936 and someone will get back to you.*