Contact Information:

**Name: Rhonda Troughton Orthodontic Secretary**

Contact Number: 01553 613855

**Name: Orthodontic / ENT reception**

Contact Number:01553 613613 extension 3577

**Name: DCT for Oral Surgery and Orthodontics**

Contact number: 01553 613613 ask for the on call doctor in oral surgery.

**Wearing a Twin Block appliance**

**Oral Surgery and Orthodontics**

The Queen Elizabeth Hospital King’s Lynn NHS Foundation Trust  
Gayton Road, King’s Lynn PE30 4ET  
Tel: 01553 613613

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**Feedback**

We appreciate and encourage feedback. If you need advice or are concerned about any aspect of care of treatment, please speak to a member of staff or contact the Patient Advice and Liaison Service (PALS):

**Telephone:** 01553 613351 or 01553 613343  
**Email:** pals@qehkl.nhs.uk  
**Letter:** PALS, The Queen Elizabeth Hospital King’s Lynn NHS Foundation Trust, Gayton Road, King’s Lynn PE30 4ET

The Trust endeavours to ensure that the information given here is accurate and impartial.

The twin block appliances that you have been given are a powerful method of correcting bite.

They encourage you to posture your jaw forward into a new position, this will feel strange and may look unusual to your parents and friends.

Your jaw has not been permanently set in this position but by posturing the jaw forward you will generate forces, which can move the upper and lower teeth into the correct position. The two braces are designed to work **together** and should both be worn at the same time.

* **WHAT TO EXPECT –** Initially your teeth will feel a little tender and you will certainly notice some effect on your speech. However these initial symptoms will quickly subside as you get used to your brace.
* **WEARING YOUR BRACE –** You should wear the appliances as much as possible. You can take them out when eating and drinking anything other than water. The appliances should not be worn for contact sports or swimming. When the appliances are out of the mouth for any reason they should be kept safe in a plastic container.
* **INSERTING AND REMOVING YOUR BRACE –** you will find it easier to insert your brace if you can see what you are doing in a mirror. Check that the wires are in the correct position, as you were shown when the brace was fitted, and push into place. Always remove the brace using the clips around the back teeth.
* **PROBLEMS –** If for any reason you are unable to wear EITHER of your braces you must REMOVE THEM BOTH and contact us as soon as possible. We will arrange to see you before your next appointment if necessary.
* **CLEANING YOUR BRACE –** It is important to keep both your teeth and your brace clean. When brushing your teeth morning and night, remove the appliances and brush your teeth, gums and palate. Use a toothbrush to clean your brace taking care not to damage the wires.
* **APPOINTMENTS –** it is important for your brace to be monitored regularly, if you are unable to attend please cancel and re book your appointment. You will need to see your own dentist for regular check-ups during your orthodontic treatment.