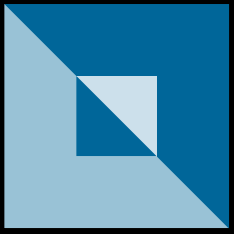




TWIN BLOCKS OWNER'S MANUAL

- **Your new appliances are designed to correct your bite by helping your lower jaw grow faster and “catch up” to your upper jaw and improve your facial profile. This amazing feat will require skill (Dr. T.) and commitment (you) as we work together toward our goal.**
- **At first, wearing your TWIN BLOCKS will feel quite strange; THIS IS NORMAL. Just like riding a bike for the first time, you can expect some difficulty getting used to them, but soon you’ll be rolling along quite well.**
- **For the first three days, you should wear your twin blocks AT HOME, except for sleeping and eating. Remember to keep the lower jaw forward and lips closed so that the blocks mesh together. During this period, it will be very helpful to speak with family members and friends as much as possible to “learn” how to speak normally while wearing your appliance. Reading out loud is a helpful way of practicing to speak.**
- **For the next four days, increase the schedule of wearing to include the hours during school (or all the waking hours on the weekends). It might help to let your teachers know about your new treatment, so that they can be more understanding of your new “language”.**
- **For the next week, you are to wear the TWIN BLOCKS while eating. It is suggested that the first meal not be eaten in public (just in case things don’t go quite right the first time out). The TWIN BLOCKS are acrylic extensions of your teeth and will assist in chewing most foods, with the exception of very hard things like hard candies**



Your TWIN BLOCKS are designed to be as comfortable as possible. If you detect any sharp angles or parts of the TWIN BLOCKS that are causing excessive pressure to the roof or floor of the mouth, please call the office to have them adjusted. If something happens to the wire clasps and your TWIN BLOCKS no longer hold on to your teeth or have become too loose to eat with, please call to have them adjusted also. It is IMPORTANT not to play with the Twin Blocks (clicking them in and out or bouncing them up and down)...THEY WILL BREAK!

Your TWIN BLOCKS are made from medical grade acrylic and stainless steel. They can be cleaned with your toothbrush and some toothpaste. Soaking them in mouthwash will not harm them, and might even make them taste better and make your breath fresher. They are sensitive to heat, so always rinse them under cold water. Dogs and cats are attracted to the taste of acrylic, so keep them out of reach of your pets, or you may find that they are lost or broken.

Remember, we are working on this project together... if you are having problems that prevent you from wearing the TWIN BLOCKS, we can't help you unless you let us know about them. Call the office during the day at 860-739-0060 or 860-739-3190 to speak to one of the staff. We will always be pleased to assist you with any questions that you might have about your TWIN BLOCKS.

The average length of time that you can expect to wear your TWIN BLOCKS is 12 months. Once we get up to full time wear, we should be able to measure one millimeter a month of progress! Your cooperation in following these guidelines will ensure the SHORTEST treatment time.