

# PATIENT INFO BOOK FOR TWIN BLOCKS

norwest  
**Orthodontics**   
Orthodontics & Dentofacial Orthopaedics for Adults & Children



## **Dr. Shimanto Purkayastha**

BDS, MOrth(Hons), MOrthRCS(Ed), MRACDS (Ortho), AOB Cert.

**SPECIALIST ORTHODONTIST**

Ph: 02 9672 6113

info@norwestortho.com.au  
www.norwestortho.com.au

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Congratulations on starting your orthodontic journey. This is the first step to a healthy and amazing looking smile. At Norwest Orthodontics we believe that successful orthodontic treatment depends upon your understanding and cooperation. To make sure our journey is as easy as possible please follow some of the simple tips included in this booklet.

## WHAT IS A TWIN BLOCK?

Dr Shimanto has determined that a Twin Block is necessary for your child. A Twin Block is a removable orthodontic appliance that is used to align the upper and the lower jaw. There are two parts to a twin block – an upper and a lower plate – that work together to position the lower jaw forward. A Twin Block is typically worn on a full time basis for twelve months to correct the bite.

### How often should I wear the Twin Block?

After the Twin Block is fitted, it must be worn on a full time basis in order to work properly to align the bite. We recommend that the Twin Block is worn all the time, day and night. The only time that the Twin Block should be removed is when cleaning it, playing contact sports or swimming, and when eating hard foods or drinking anything other than water. Not wearing your Twin Block as prescribed will reduce the effect of the appliance and can result in a poor fit. This may mean that a new Twin Block will need to be made.

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## ORAL HYGIENE CARE

Maintaining good oral hygiene is one of the most important things you can do for your teeth and gums. Healthy teeth not only look good but they make it possible to eat and speak properly. Therefore good oral health is important to our overall wellbeing. Daily preventive care, including proper brushing and flossing, will help stop problems before they develop and will keep your smile looking beautiful while preventing bad breath.

The Twin Block is removable, making the maintenance of good oral hygiene easy. While carrying out your oral hygiene regime it is important to ensure that tooth surfaces are cleaned well, including in between your teeth and at the gum line. This will prevent the build-up of plaque which can result in gum inflammation and tooth decay.

### Will the Twin Block Affect my Speech?

Initially after receiving your Twin Block, you may notice that your speech is slightly altered. This is completely normal and temporary. We recommend reading out loud or even just talking a little bit more to help improve your speech.

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# TIPS FOR A HEALTHY SMILE

**1** Remove your Twin Block and place it in your storage case.

**2** Using interdental brushes or floss, clean in between your teeth.

**3** Place a pea-size amount of fluoride-containing toothpaste on a small soft toothbrush.



**4** Place the bristles of the toothbrush at an angle of 45 degrees towards the gum line. Gently brush along the gumline where the gums and teeth meet using a small circular motion.

**5** Flick the bristles of the toothbrush away from the gumline gently and towards the biting surface of the tooth to ensure the entire tooth surface is clean.



**6** Spend about 10 seconds on each tooth before moving onto the next tooth and ensure you do not miss any teeth.



**7** Brush both inside and outside surfaces of your teeth.



**8** For the biting surface use a firm back and forth motion.

**9** Spit out excess paste and do not rinse out with water. Allow the fluoride toothpaste to stay on the teeth as it helps strengthen the enamel.

# CARING FOR YOUR TWIN BLOCK

Caring for your Twin Block will become a part of your daily oral hygiene regime. Your Twin Block should be cleaned each time you brush your own teeth – after breakfast, after each meal and right before bed. Each time the Twin Block is removed from the mouth, it should be rinsed with water before being placed in your storage case.



**1** Remove your Twin Block.

**2** Using a soft toothbrush and cold water, gently brush your Twin Block to remove visible debris and plaque. You may use a pea-sized amount of toothpaste occasionally if the Twin Block begins to smell unpleasant.

**3** Gently rinse the Twin Block with cold water.

**4** Inspect the Twin Block to check it is clean and place the Twin Block back in your mouth.



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## Can I Soak the Twin Block in a Solution?

Denture/Retainer cleaning tablets such as Sterident and Polident or Retainer Brite may be used occasionally if the Twin Block develops an odour over time. Follow the instructions on the package when using these tablets to soak your Twin Block.

# HOW TO INSERT AND REMOVE YOUR TWIN BLOCK

When inserting your Twin Block, it can be easier to look into a mirror to help you position the plates.

When you think the plate is in the ideal position, gently use your fingers to push the acrylic against your teeth and gums to seat the plate securely.

When removing your upper Twin Block plate, use your index fingers to gently pull down on the metal clasps that are located furthest back in your mouth.

To remove the lower Twin Block plate, use your thumbs and gently push upwards on the metal clasps.

Using a gentle force will help prevent damage to the metal clasps when inserting and removing your Twin Block Plates.

## TIPS TO ENSURE TREATMENT IS SUCCESSFUL






- Ensure your teeth and your Twin Block appliance are brushed frequently and properly.
- Carry a toothbrush, interdental brushes and/or floss at all times so that you can clean your teeth anytime and anywhere.
- Wear your Twin Block full time.
- Take care when inserting and removing your Twin Block to ensure that it is not damaged
- Inform our clinicians if there are any unusual symptoms, an accident to the mouth, or if there is anything wrong with the Twin Block as soon as possible.
- Advise our clinicians if there are any changes to you or your child's general medical health.
- Please bring your Twin Block to all appointments
- Keep all orthodontic appointments.

# DIET

Diet can play a major role in oral health. Foods high in sugar are the worst for teeth when it comes to the development of decay. Bacteria in the mouth metabolize these sugars to produce acid. The mouth can become more acidic which over time results in cavities.





















A balanced diet is important for healthy teeth, gums and general wellbeing. The Twin Block can be worn whilst eating soft foods. However, the Twin Block and your teeth should be cleaned thoroughly after eating food with it in. You should remove your Twin Block while eating chewy, crunchy, sticky or hard foods to prevent breaking or damaging the Twin Block. If your teeth or muscles are slightly tender during your treatment, you may want to take the Twin Block out for eating. Drinking anything other than water while your Twin Block is in increases your chance of tooth decay. Whenever you remove the Twin Block to eat or drink ensure you place it in its storage case. Do not wrap your Twin Block in tissues.

## Foods to avoid with your Twin Block in

<b>Chewy foods</b>	bagels, licorice	
<b>Crunchy foods</b>	popcorn, chips, ice	
<b>Sticky foods</b>	caramel candies, chewing gum	
<b>Hard foods</b>	nuts, hard candies	
<b>Foods that require biting into</b>	corn on the cob, apples, carrots	

# DIET

## Foods you can eat with your Twin Block in

<b>Dairy</b>	soft cheese, pudding, milk-based drinks			
<b>Soft Breads</b>	soft tortillas, pancakes, muffins without nuts			
<b>Grains</b>	pasta, soft cooked rice			
<b>Meat/Poultry</b>	minced beef, ham, slow cooked meat, shredded chicken, tuna, salmon, crab cakes.			
<b>Vegetables</b>	mashed potatoes, steamed spinach, beans			
<b>Fruit</b>	apple sauce, bananas, fruit juice			
<b>Treats</b>	ice cream without nuts, milkshakes, jelly, soft cake			

# STERILISATION

At Norwest Orthodontics our patients' wellbeing is our priority. That's why the cleanliness of our environment is of the utmost importance and something we pride ourselves on maintaining at all times.

- We ensure all our staff are trained in the latest infection control procedures and wear appropriate safety garments when treating patients.
- All our instruments are sterilised after every use or are single use only.
- Our staff is committed to providing a hygienic environment for all our patients.

# TOOTHBRUSHES

We request all patients to brush their teeth before coming to their appointments. We have a range of toothbrushes available for purchase and a toothbrush bay in the practice where you can clean your teeth.

# APPOINTMENTS

We have a SMS reminder service to help remind you of your next appointment. The length of time we will schedule for you depends on the procedure that has been prescribed for you. You will be seen at regular intervals during the course of your treatment. It is very important to keep your appointments so we can complete your treatment as scheduled.



# OUR FLEXIBLE INTEREST FREE PAYMENT PLAN

Financial constraints should not inhibit your ability to achieve the smile you desire. We understand this and offer a range of flexible interest free payment plans to allow you to pay for the service over time. Typically there is an initial deposit required at the start of treatment and the balance is paid in monthly instalments during the course of treatment. Please speak to your treatment coordinator or Shivi Dev, our Practice Manager, to discuss any queries in relation to your payment plan.

## Health Insurance

Norwest Orthodontic's primary focus is the wellbeing of our patients. The orthodontic plan prescribed is based upon providing you with the best possible treatment tailored to your individual circumstances and needs. As a specialist clinic we are committed to providing the highest level of specialist care and treatment for our patients. We are not allied to any health insurers nor able to process rebates on site. We can provide you with a payment receipt which you can lodge with your health insurer to allow you to receive your rebate directly. Should you require assistance with claiming we can provide you with any necessary documentation.

## Payment Options

For your convenience we accept payments in cash, cheque, credit card, EFTPOS and direct debit. Please note there is an additional 2% surcharge on all credit card payments.



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Famous Orthodontic Patients:  
- Emma Watson, Katy Perry,  
Justin Bieber, Dakota Fanning  
and more

# PARKING

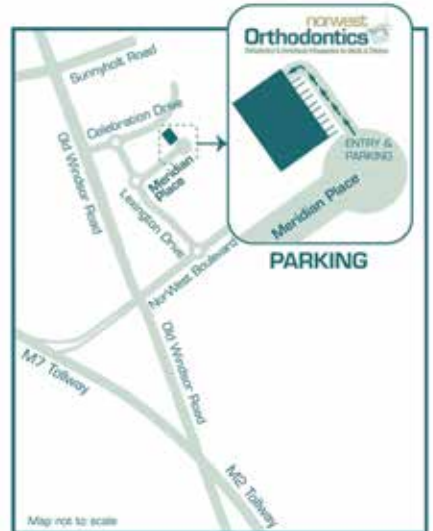
Parking is available at the front of the practice building. There is also parking underground.

# PRACTICE HOURS

Mon – Thurs 8.00 am – 6.00 pm

Fri 9.00 am – 1.00 pm

Saturday - Consultation only by prior appointment.



Please visit our website for further detailed information and helpful tips to help you understand orthodontic treatment better. We look forward to seeing you at your next visit!



Suite 11, 6 Meridian Place  
Bella Vista, NSW 2153 AUSTRALIA

Ph: 02 9672 6113

[info@norwestortho.com.au](mailto:info@norwestortho.com.au)  
[www.norwestortho.com.au](http://www.norwestortho.com.au)

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