

Twin Blocks

Twin Blocks are a type of removable functional appliance which consists of upper and lower plates that work together to enable the lower jaw to be postured in a more forward position. Twin Blocks will not straighten teeth, they just allow for a more functional bite by encouraging the lower jaw to grow to its maximum potential.

Twin Blocks are worn at a young age, while the patient is growing and in some cases will prevent the need for more surgery later on.

The plates need to be worn full time, even when eating, to achieve the best results. Patients can usually expect to see a decrease in their overjet (the horizontal distance between the top and bottom front teeth) if the Twin Blocks are worn well. It is normal at first for the plates to feel quite bulky and for the patient to experience difficulty with speaking. However, if they are worn well the patient will adjust within a few days.

Active treatment with the Twin Blocks usually lasts for about 12 - 15 months and after that time the orthodontist may decrease Twin Block wear to night time only. This will maintain the results achieved and the orthodontist will continue to monitor the stability of the teeth and jaw until the remaining baby teeth have fallen out.

Once Twin Block wear has decreased to night time only or has been stopped altogether, the bite will be reassessed and the need for braces will be decided.



