



Instructions for your Twin Blocks

In the first 2 weeks when your braces are glued in

- You will notice a lot of saliva for the first few days
- Your jaw muscles will ache for a few days you can take some ibuprofen
- Your teeth will be a bit sore for a few days
- It will be difficult to eat due to the blocks
- It will be difficult to speak due to the plate
- Sometimes the lower block works loose, if it does, just put it back in.

When the braces are not glued in

- Wear the braces ALL THE TIME including eating and sleeping
- Take them out to clean after eating and to brush your teeth. Clean with your toothbrush and toothpaste as your teeth.
- Take them out for contact sports and put them in the box you were given and wear a mouthguard
- If you cannot wear them for any reason call us and come in
- Your braces are very expensive please do not loose or break them they are about £120 to replace