

**These braces  
are expensive.**

You need to persevere with them until you get used to them and wear them as instructed if your treatment is going to be successful.



Cost to replace them =  
approximately £150.

If you lose them, ring and let us know on the next working day.

## When to wear them

24 hours a day.

## You must...

...wear both braces and bite together all the time as shown.

## Eating

You should eat with them if possible.

## Keep them as clean...

...as your teeth. Brush them with your toothbrush and toothpaste twice daily, rinsing them after meals.

## Breakages

If either break and you can still wear it, let us know at your next appointment. If it is not wearable, contact us on the next working day.

## Sport

You can wear your twinblocks for all sports unless you are required to wear a gumshield.

## How long do I have to wear them?

Approximately 6 – 9 months.

## Storage

You need to provide a box to keep them safe but this should rarely be used. One can be bought at Reception for £1.00.

## Checklist

1. Cost to replace
2. When to wear it
3. Cleaning



When to turn the screw?

Your start measurement =

Your ideal finish measurement =

## What happens if I do not wear it?

It is unlikely that you will be able to go onto the next phase of your treatment.