

# How to care for your Twin Blocks

To care for your Twin Blocks, keep them clean and keep them safe!

1. Keep them in their case whenever they are not in your mouth.
2. If your Twin Blocks cause irritation or sore spots, bring them in for adjustment. Avoid clenching your teeth, as this can make the problem worse.
3. Wear your Twin Blocks constantly! Otherwise your jaw will slip back into its original position.
4. It is best to keep your Twin Blocks in whilst eating, but if you find this impossible, make sure you keep them in your case when you take them out
5. Remove your Twin Blocks whilst playing sports, cleaning your teeth and swimming in the sea.
6. Clean your Twin Blocks every time you clean your teeth. Three times a week before bed, apply fluoride gel to the areas of the appliances which have contact with your teeth to prevent decalcification and tooth decay.