

# CLARK TWIN BLOCK

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**You (or your child) have just received a functional appliance called a “Clark Twin Block”. It will be in for approximately 6 to 9 months.**



## What it is

It is a removable (that is you can take it out) functional appliance. This appliance is made up of two components, an upper and lower, which work together to posture to lower jaw forward. This frees up the otherwise “lock-in” lower jaw to grow to it’s full potential. The upper (and sometimes lower) also has an expansion screw to widen the upper arch.

## Uses

It can be used on people of all ages, but It is usually used in children, who are in their growth stage, to treat an underdeveloped lower jaw. It is usually a phase I appliance and is followed by braces (phase II) or a retainer

## Patient Instruction

*With your co-operation the results can be achieved in the least amount of time. Please read the Patient instructions carefully. If there are any questions about these instructions or the use of the Clark Twin Block, ask the doctor or staff member.*

**How To Place the Clark Twin Block-** When placing the upper or lower in your mouth,

position on your teeth and then firmly “press” the appliance into place using your thumbs; do not place with tongue and bite into place. When removing, “ease” the appliance off each side and remove from mouth. Do not flip the appliance on and off your teeth with your tongue; it will break it.

**Full-time Wear-** both the upper and the lower must be worn full time, including while you eat and sleep. The only exceptions are when you remove them for cleaning and for swimming (to avoid loss).

## Activation Of Screw-

Follow these directions carefully.

Turn the screw every four days

To turn screws, hold the appliance between the palm (fingers) and thumb of the left hand. Place the “key” into the screw hole and turn the screw in the direction of the arrow with the right hand. Turn until it stops

**Eat With Clark Twin Block-** Eating with the appliance will give you faster results. It is extremely important the patient wear the CTB 24 hours a day, especially while eating. One meal is equivalent to 24 hours of wearing.

You are advised to eat eggs, cereals, soups and other soft foods for the first few days. Eating normal food with the CTB will become routine.

## What to expect

**Comfort-** There should be no discomfort. Full-time wear and eating with the appliance maintains proper fit. If the CTB is not fitting properly, it is most likely not being worn as instructed.

**Difficulty Speaking-** it is normal that there will be some difficulty with speech the first several days of wear. To become accustomed to the CTB, practice speaking and reading out loud. Speaking with the appliance will become routine.

**Excessive Saliva-** With full-time wear, the excessive saliva will diminish in a few days.

**Tender Teeth-** The CTB is a comfortable appliance to wear. Soreness of teeth is common only the first few days, but should soon disappear. If tenderness of the teeth continues, phone the office for an SOS appointment.

## What we expect of you Be Careful

The CTB is delicate and must be handled with care when out of the mouth. The CTB will be worn for several months. It took a great deal of time and skill to construct. Breakage will mean added expense and increased treatment time.

**Safety Box-** The only place for the CTB when it is out of the mouth is in the safety box. Never wrap up the CTB in a napkin or tissue.

**Pets-** Pets love to chew the acrylic, as it smells like their master. Do not leave where a dog or cat can get it.

## Oral Hygiene

Besides your regular brushing, it is very important that you brush the roof of the mouth and the tongue. The CTB should also be cleaned thoroughly with a denture brush or toothbrush using toothpaste or a denture cleaner after the evening meal, before going to bed, and when getting up in the morning. Holding the upper and lower in the palm of the hand, gently clean and rinse. Do not wash in boiling water. Replace the appliance immediately after rinsing.

**Denture Cleaner-** The appliance can also be cleaned by placing it in a glass of water containing an Efferdent or Polident tablet.

## Visits

Come to all scheduled appointments (about once a month). At these appointments we reduce the upper blocks to encourage the lower molars to erupt. If you have any problems between your monthly check-ups, call our office. Do not leave the Schwartz out because it is bothering you; come by and let our staff adjust it. If you fail to wear your CTB, longer treatment time and the expense of new appliances will result.