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SPECIALISTS IN APPLIANCE THERAPY FOR ADULTS AND CHILDREN

ADJUSTMENT INSTRUCTIONS FOR: THE TWIN BLOCK APPLIANCE

INSERTION OF APPLIANCE:

1. The appliance should fit tightly when inserted.
2. If needed, tighten the Delta Clasps with a Bird Beak Pliers for increased retention.
3. The mandible should be advanced and there should be approximately 2mm of opening between the anterior teeth.

ACTIVATING THE SCREW:

Opening the expansion screw in this appliance causes the two acrylic sections to move apart to provide movement. The activation of the expansion screw is obtained by inserting the key into the hole in the center pole and pushing it in the direction of the arrow until it stops. This is considered one turn. Each turn is 1/4mm of movement or expansion. The screw is an 8mm screw, so it can be activated 32 times. The screw will come apart if it is activated more 32 times. As a general rule the screw can be activated one turn once a week. The patient should be taught to make these adjustments chair-side by the doctor. If you find the appliance is sliding down the lingual of the posterior teeth, this is a good indication that the appliance is being activated too rapidly for the amount of time the patient is wearing the appliance.

ADJUSTING THE BLOCKS:

After insertion, see the patient again in about a week. This will allow time for the appliances to settle in and the patient to get used to wearing it and eating with it in place. At this visit the upper block of acrylic is adjusted to allow for the eruption of the lower 1st and 2nd molars. Remove approximately 1mm of acrylic from the block. It is critical that a small wedge of acrylic remain on the upper block to hold the mandible in the correct forward position. The patient can be seen every 3-4 weeks until the desired results are gained. During these visits the upper block is adjusted to continue to allow for eruption of the lower molars.

A FREE 14 PAGE INSTRUCTION MANUAL IS AVAILABLE UPON REQUEST

PATIENT INSTRUCTIONS:

1. This appliance should be worn 24 hours a day. It is most important to wear the appliance while eating. Chewing creates the force to move the teeth. One half hour eating with the appliance in place is more beneficial than 20 hours of wear while not eating.
2. The patient should turn each screw one turn every 4 days in the direction of the arrow. This may vary from patient to patient.
3. To clean the appliance, brush it after each meal with tooth paste.

**FOR ADDITIONAL ADJUSTMENT INFORMATION ABOUT THIS APPLIANCE
AND MANY MORE, VISIT OUR YOUTUBE CHANNEL AT:**

[www.youtube.com/ OhlendorfApplianceLab](http://www.youtube.com/OhlendorfApplianceLab)

2840 CLARK AVENUE • P.O. BOX 7212 • ST. LOUIS, MO 63177 • 1-800-325-8921

e-mail address - info@OhlendorfApplianceLab.com Web address - www.OhlendorfApplianceLab.com