

## Twin Block

The twin block appliance is used to reduce overbite. It does this by holding the lower jaw forward which stimulates bone growth in certain areas of the jaws while restricting growth of bone in other areas. Most of our patients will reduce their overbite by 1 mm every four weeks while wearing this appliance. If we find that the patient's progress is less than this, we immediately wonder whether or not they are wearing it an adequate number of hours. To obtain a good rate of overbite reduction, it is necessary to wear the appliance full time which includes while eating. The eating action, with the jaw postured forward, helps to stimulate bone growth. It is important to not drop the lower jaw while speaking, but rather hold the teeth into the appliance.

After the overbite has been corrected, we usually ask the patients to wear the twin block a reduced number of hours to allow the bone to stabilize. Following this period of appliance therapy, the braces are placed to detail the teeth and make them fit together. The twin block has been found to be an extremely useful appliance. It brings the chin further forward than is possible using only braces. The key to success is cooperation. Good cooperation equals good results.

Sincerely,

Dr. Ron Snyder and Staff

