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Functional appliances

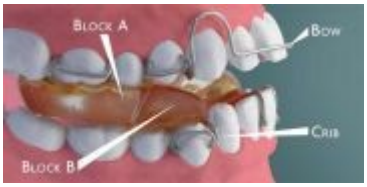
What is a functional appliance?

Functional appliances are used to correct the bite. One type of functional appliance is called a **Twin Block**. It derives its name from the split nature of the device, in which you have an upper block for the upper teeth and a lower block for the lower teeth which fit together like twins.

How do functional appliances work?

When you bite, the Twin Block fits together in a certain way that encourages your jaws to be positioned into the correct biting position (it is mainly used in growing patients). It is one of the most effective methods to correct excess overjet or 'goofy teeth'. The Twin Block can be taken out of the mouth for cleaning or when you want to eat certain foods. When initially fitted there is an adaptation period of up to three days where your mouth may produce more saliva. To make sure you have a short adaptation period you will need to wear the appliance for the minimum number of hours specified by your orthodontist.





How often do you need to wear your brace?

For the functional appliance to work correctly the blocks on your brace have to meet together properly at all times. The appliance is a full time brace and should be worn at least 22 hours a day.

Will the appliance be painful?

Having the appliance fitted is not painful but there may be a slight aching of the muscles around the jaw. This will last approximately 3-5 days and if necessary painkillers (paracetamol) can be taken. Please ensure you follow the instructions on the medication packet

How long will treatment take?

If this appliance is worn full time as instructed treatment time is usually 6-12 months.

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