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## Twin Block Appliance

The twin block appliance is a removable functional appliance which consists of two plates with bite blocks (for the upper and lower teeth). This appliance, when worn, postures the lower jaw forward and opens the bite between the upper and lower jaws.

For maximum effect, the twin block appliance is worn full time during the pubertal growth period. It is generally well-tolerated and has little effect on speech. The appliance may be removed for eating and sport.

During treatment, trimming of the lower bite block allows for the eruption of the lower back teeth (and therefore bite-opening), as well as a forward movement of these teeth. The twin block appliance also has a "Headgear" effect on the teeth in the upper jaw. Expansion screws are sometimes placed in the top plate. A headgear attachment may also be included.

A short period of fixed braces is generally required after twin block therapy to fully align the teeth.

