



*Shadi Saba, DDS*  
*Saba Orthodontics*  
*21155 Whitfield Place, Ste 107*  
*Sterling, VA 20165*  
*703-404-SABA (7222)*

Members  
American Association of  
Orthodontists



# Twin Blocks

**The following instructions must be followed in order to obtain the best possible results from your Twin Blocks:**

1. Wear the Twin Blocks 24 hours a day. Only take them out to eat and to brush your teeth.
2. Every time you take the Twin Blocks out to brush your teeth, also gently brush them using luke warm water.
3. Every time you take your Twin Blocks out to eat, always store them in their case.
4. NEVER WRAP THE TWIN BLOCKS IN PAPER TOWELS OR TISSUES. THIS IS THE NUMBER ONE REASON PEOPLE LOSE THEIR TWIN BLOCKS. ALWAYS STORE YOUR APPLIANCES IN THE CASE PROVIDED.
5. You are going to sound funny when you start wearing the Twin Blocks. When you get home, get a good book and read out loud. This will help you get used to speaking while wearing the Twin Blocks.
6. The Twin Blocks will make your mouth water for a couple of days but, with regular wear, your mouth will adjust and will return to normal.
7. When wearing the Twin Blocks you must bring your lower jaw forward, bite and close your lips. This may tire out your jaw muscles, but it is crucial to correct the overbite.