



## Twin-Force Bite Corrector

Twin-Force Bite Corrector is a device that will properly align your upper and lower jaw. It is a more effective approach than elastics, since it cannot be removed. We have put these in place to avoid more aggressive solutions, such as tooth extractions and jaw surgery.

### What to Expect:

- The Twin-Force is difficult to wear, and will cause some discomfort
- some restrictions in how you can move your lower jaw,
- Twin-Force to be in your mouth for a period of four to nine months, depending on how severe your over-bite is.

### Here are a few things to remember:

- Keep hands out of your mouth
- Don't open wide or move jaw side to side
- Soft food diet
- Cut food into small bite size pieces
- Don't play with it
- If you play a musical instrument with a mouthpiece give it some time you will adjust.
- Take ibuprofen for discomfort
- Most of all, hang in there! The Twin-Force works very well, and is a great solution for you.

Please let us know right away if it comes loose, breaks, or is bothering your cheeks.