

This appliance creates a proprioceptive bio-feedback system, with “fangs” that touch the skin on the inside of the mandible if the mandible is not in the correct position or the mouth open. Over time it trains a new mandibular rest position and increases the resting tone of the chewing muscles.

**Starting;** Initially these appliances MUST NOT be worn when asleep, which is when most people subconsciously drop their jaw’s open, leading to a **sore** patch. For the first two weeks build up the wear starting with 2hrs periods, reducing the space between the periods until is in place all day, except eating.

We will introduce night-time wear depending on the individual, their age, ability and treatment plan. DO NOT start until directed.

There MUST always be an appliance in the mouth, either the training appliance or the old preparation braces, now referred to as “eating braces”. Expansion can relapse very quickly, leading to charges for retreatment and new appliances. It is important to speak and swallow saliva with the teeth together (something parents can observe in their children).

**Adjusting the fangs;** There are two sets of fangs (soft tissue locks) the anterior (front) and the posterior (back) which are vertical in form initially. Over time they are carefully adjusted so that they just mould into the skin adjacent to them. This then reminds the wearer to maintain a raised mandibular rest position (closed mouth). Initially most individuals will continue to drop their jaw a little, leading to either 1) a disturbance in the moulding allowing the jaw to drop too much requiring the fang to be built up at the next visit or 2) a sore patch. It can easily take 9-12 months before the fangs are really effective and is one of the hardest and most technical aspects of the therapy.

**Sore patches;** when the jaw drops down it is possible to catch this patch of skin which can then swell so that the fang is touching the skin (as it is swollen) even when the jaw is in the correct place. If this occurs :

Immediately stop night wear but continue daytime wear, if at all possible.

Use hydrogen peroxide mouth wash or hot salt water 3-6 times a day

Contact the clinic, or if really necessary Dr Mew out of hours.

We may advise you- if absolutely necessary- to file a little material off the fang from the side more than the tip.

**Insertion of the brace;** the brace should be located gently before being pushed up firmly. Three strong pushes with a thumb on the plastic should confirm a good position and sometimes it is important to push up on the outside of the wire clips in older braces to assist them to grip to the teeth.

**Care;** always take it out on both sides at the same time, never ever click the brace in and out, or bite it into place with your teeth. This will quickly destroy the appliance.

**Cleaning the brace;** use tooth paste or a suitable cleaning agent with a nail brush. Never soak the brace in a denture or orthodontic brace cleaning agent. The brace contains two metals; silver solder and stainless steel wires. Most cleaning agents are mildly acidic, which then creates a battery effect where the silver is dissolved and plates the stainless steel with the eventual failure of the solder.

**Contact us** immediately if;

It is persistently painful

**It is not possible to wear the training appliance for more than 24hours!**

The expansion will not be stable until the tongue posture and function improves, which may take years and till this point relapse is a very real and possible outcome. This often leads to new appliances and some retreatment, sometimes at considerable inconvenience and cost.

**Trouble shooting:**

If a brace is very loose (even to the point where it is falling into the mouth) but still fits into place, continue to wear it, as almost by magic it will still maintain the position of the teeth. If the skin by the front fangs (the most affected) is even slightly sore in the mornings, then DO NOT wear it at night for 1 (or sometimes 2 days).

If you cannot wear the brace at night, it is essential to wear it at least 4-6hrs during the day, which is especially important when you are usually only wearing it at night!

The appliance should never be sore when you leave the surgery. Please wait for some time to make sure.

Braces stored outside of the brace box, especially in pockets, are frequently damaged.

There are timers embedded into all of our training appliances to aid compliance.

Most of the instructions given for the preparation appliance also apply, please refer to this.

Until this brace is loved, it is never really accepted and an overzealous introduction and sore patches can create a negative association with this appliance.

**Emergency contact numbers;** in case of an emergency, please contact the clinic during opening hours (0208 6603695) or Dr Mike Mew out of hours (07956 419918). You should never go 12 hours without wearing an appliance without contacting us.

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# Patients' Instructions

## Biobloc Training Appliance

**Appointment bookings: telephone: +44 (020) 8660 3695**

(Please do not email to arrange appointments)