

## **Biobloc Appliance**

Congratulations!! You have now successfully completed the first part of Biobloc treatment. Your upper jaw is now developed to its proper width. Even though your upper front teeth may now look a bit awkward, they are properly positioned in your face. We have just given you the Biobloc appliance that, if worn properly, will result in your lower face developing forward to its proper location, as well.

### **HOW DO I INSERT IT?**

The Biobloc is generally inserted first on one side and then pivoted to insert on the other side. It should be inserted with thumb or finger pressure on the plastic in the area of the clasps with an upward and outward push that helps the clasp on each side slide over the tooth. A scratching sound as the appliance is inserted signals a nice tight fit of the clasp that will assure the appliance stays in place. It should always fit tightly and be very difficult to remove when it is properly in place. **It should not be inserted by biting it into place.** Doing so may result in bending or breaking of the metal clasps that hold it in place. Removal is generally best done with a very fast motion that causes the clasp to flex quickly so the appliance comes out easily with no damage to the appliance and little or no discomfort to you.

### **WHEN DO I WEAR IT?**

After an initial break in period of getting used to the appliance you should be able to wear the Biobloc all the time except for eating and active sports where breathing through the mouth may be required. We suggest wearing it after school and in the evening for a few days before wearing it to school. **You must have either the Biobloc or the retainer in your mouth at all times except when you are brushing your teeth! Going without the retainer when you do not have the Biobloc in place will result in the upper front teeth falling back and your upper jaw narrowing. This will compromise your result as your lower jaw will not come forward to its proper place. A few hours with no appliance in place can result in substantial unwanted tooth movement!**

### **HOW DO I GET USED TO TALKING WITH THE BIOBLOC?**

Proper wear of the Biobloc means having your teeth in the appliance firmly and not moving the jaw when talking. This is easily done if you will take 20 minutes each evening for the first few days to slowly read aloud. Talking slowly and deliberately will give you the confidence to speak and be understood!

### **WHAT HAPPENS IF I LOSE THE APPLIANCE?**

So far we have never had a patient lose an appliance when it is in their mouth! Keeping it in the mouth all the time is the best way to assure it is not lost. If your Biobloc is lost, wear the retainer until we can take new impressions of your teeth and have a new Biobloc made. There is a replacement fee due at the time the new impressions are taken.

### **WHEN SHOULD I WEAR IT TO SCHOOL?**

This is a very individual decision. Some children are very eager to wear it to school and do so from the beginning. Others are a bit reluctant to do so until they are used to it. You decide what is right for you. If you have worn the Biobloc several days after school and in the evening and are talking with it well, you should certainly wear it to school.

### **WHEN SHOULD I TRY TO WEAR IT TO BED?**

Most children can begin wearing the appliance to bed as soon as they have worn it full time during the day for a few days. Trying to wear it to bed the first night may be very hard and a source of frustration since few children posture their jaws properly during sleep. The Biobloc is designed to have you posture your jaw properly during sleep. Have the retainer handy at your bedside to be placed in your mouth in the event you cannot wear the Biobloc all night. Keep trying until you can wear it all night.

### **WHAT ABOUT BREATHE RIGHT® NASAL STRIPS AND TAPING THE LIPS TOGETHER?**

For children who typically sleep with their mouths open we strongly encourage using a Breathe Right® Nasal Strip to dilate the nostrils and improve airflow in the evening and then to bed. We also strongly recommend using one strip of 3M Micropore tape on each side of the mouth to keep the lips together during sleep. This tape does not leave a mark on the lips and would not keep the lips sealed in an emergency if you could not breathe. We advise doing this only after you have worn the Biobloc to bed for a few weeks.

### **WHAT IS THE GOAL OF THIS TREATMENT?**

The goal of Biobloc treatment is to achieve proper oral posture: at rest the teeth should be together, the tongue to the roof of the mouth, and the lips together without strain. To the extent you are able to do this, your result will be very successful. To the extent you are not able to do this, your result will be less successful. Your success is in your hands! If you make a permanent change to proper oral posture your future growth of the lower face should be more favorable and in a more forward than downward direction! It's all up to you.

### **WHAT IF I GET A SORE?**

The flanges that extend down from the appliance are designed to catch your lower jaw and keep it from dropping back. Sores occur most generally when you fail to keep your jaw forward and let your jaw fall back. Occasionally one of the flanges may be a bit too long even if you wear the appliance properly and do not let your jaw fall back. In that case, please use an emery board to reduce the height of the flange or call our office. If you develop a sore that keeps you from wearing the appliance, wear your retainer all the time until you can come for an adjustment.

### **HOW DO I CLEAN IT?**

The appliance is cleaned with cold water, toothpaste, and a toothbrush when you brush your teeth. Keeping the appliance clean cuts down on sores.

### **HOW LONG DO I HAVE TO WEAR IT?**

Properly worn and activated most children will wear this appliance full time for between 6 and 8 months. It is then worn during non-school hours for a few months and to bed only for a year or more. Improper wear or failure to learn to keep the teeth in the appliance, tongue to the palate, and lips sealed at rest may increase that time dramatically.

**Failure to achieve proper oral posture as noted above can keep you from achieving the goal!**

### **REASONS FOR A CALL TO THE OFFICE:**

A sore that you cannot fix with an emery board or an appliance that does not securely fit on the teeth is a reason to call our office. We are here to work with you to make you successful!! Call us if you have questions! Our phone number is 805-374-9377 or toll free 888-404-FACE.