



INSTRUCTIONS FOR YOUR BIOBLOC

BIOBLOC STAGE 1

The Biobloc is a removable appliance which **widens the upper jaw**. The front teeth are moved forwards and upwards by the wires while the expansion screw widens the back teeth.

The purpose of widening the upper jaw is to gain more space for the tongue and the teeth. Initially, the upper front teeth may look like they are becoming more prominent but this is normal. Some spacing may also occur, though these spaces will be closed at a later stage.



It is best to leave the appliance out during active contact sports.

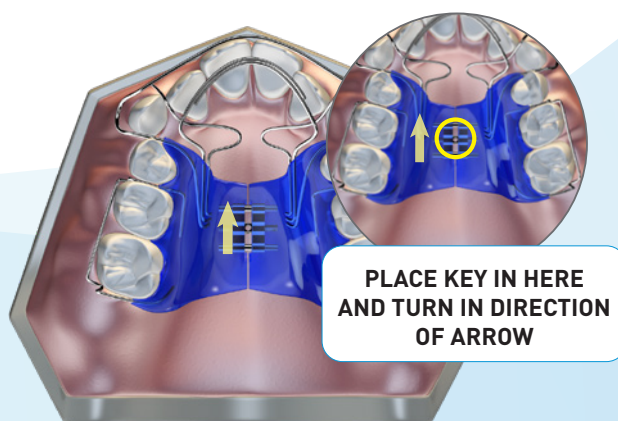
TURNING EXPANSION SCREW

Daily/every second day

The midline screw needs to be turned every day or every second day, at your practitioner's discretion.

With the key provided, turn the expansion screw in the direction of the arrow one half turn (half way up the arrow). This widens the two halves of the Biobloc appliance and opens the gap in the midline.

It is best to turn the screw at the same time each day and record the adjustment in the book provided.



BIOBLOC USE

WEAR TIME

A minimum daily wearing time of **22 hours per day** is required for effectiveness. This means remove only for cleaning, eating and playing active sports.

You wear the Biobloc Stage 1 for a period of six to nine months. Active expansion is performed over the first three to four months.

If the appliance is left out for any extended length of time, the teeth may spring back or the jaw relapse and cause an inaccurate fit. Eventually, the appliance will not fit and treatment progress will be delayed.

Be sure to take the appliance out only when needed.

REMOVAL

Remove the appliance using the wires at the back. Always replace with a firm push with the thumb at the back of the appliance on both sides and in the middle.

CLEANING

Rinse the Biobloc under running water whenever it is removed from the mouth. For a thorough clean, use *Myoclean*™ tablets twice a week.