

## **INSTRUCTIONS FOR UPPER REMOVABLE APPLIANCE**

### **INSERTING URA**

When fitting your URA, always make sure that you look into a mirror so that you can correctly position the plate. Once your URA is in the correct position, simply use your fingers to push against the plastic and the plate will click into place.

### **REMOVING URA**

When removing your URA, always use your index fingers to pull downwards on the metal clips located on the far back sides of the plate. This will help prevent damage to the more delicate wires at the front of the appliance.

### **CLEANING**

Cleaning of the teeth to a high standard is necessary for wearing any type of Orthodontic appliance. Teeth must be cleaned in the morning, night and after any food, failure to do this will result in gum disease and decay. Slight discomfort or rubbing may be felt for the first few days.

Your URA should be cleaned every day with a soft toothbrush and warm running water (not hot water). The best time to clean your URA is usually when you brush your teeth, as you will be near a sink and the plate needs to be removed anyway. Plate cleaning tablets such as Polident may also be used occasionally, if the URA develops an odour over time.

### **WEARING URA**

Unless otherwise instructed, your plate should be worn 24 hours a day, 7 days a week. This means that you only take your URA for eating and cleaning. Note: not wearing your URA will result in a poor fit, which can be uncomfortable and will prevent you from achieving the best result.

### **ORTHODONTIC VISITS**

Regular visits are necessary, if for any reason and appointment is missed or cancelled, please contact the surgery to arrange another appointment straight away.

### **CARE OF URA**

\* Toothbrush - carry with you at all times to clean your URA and brush your teeth after eating.

\* Plastic Case - keep your URA in the plastic case provided, when it's not in your mouth or being cleaned to avoid loss or breakage.

### **BREAKAGE OR LOSS OF URA**

If an appliance is lost or broken please contact the clinic as soon as possible, a fee will be charged for replacement of appliance.

