

# Upper Removable Appliance



An Upper Removable Appliance (URA) is used mainly to expand the upper arch and make room for the adult teeth to come through in a better position. It can also be used to move teeth slightly with a wire that pushes against the teeth.

When fitting your URA make sure you position the plate correctly and then use your fingers to push against the plastic until it clicks into place.

When removing your plate always use your index fingers to pull downwards on the metal clasps at the back.

## CLEANING

Clean your plate twice a day when you brush your teeth with the residual toothpaste on your toothbrush. Brush the inside and the outside of your plate.

## SPEECH

The first few days your speech will be altered. You need to practise speaking with your plate in and after a few weeks your speech will get back to normal.

## CASE

When your plate is not in your mouth, it must be kept in your case. This will protect it from germs and from getting damaged AND you won't lose it.



### Total Duration

Usually an URA is worn for about 12 months in total. At the end you may need to sleep with it for another year.



### Hours per Day

Your plate should be worn 20-22 hours per day



### Take It Out For

Tooth Brushing

Eating

Contact Sport

Swimming