

URA INSTRUCTIONS

What is a URA?

URA stands for Upper Removable Appliance. It can be used as part of your treatment plan and will only work if it is worn full time. That means eating and sleeping whilst wearing it.

Why do I need a URA?

A URA can be used to resolve various problems. Removable braces can also be used for the lower teeth (LRA). It is one of the best braces for opening the bite. It helps make spaces so we can put on fixed braces.

Wear and care

The URA must be worn all the time, for sleeping and especially when eating. At first you will find this a little tricky, but you will soon get used to it. It takes persistence on your part! The URA is often designed to keep your teeth apart. You should eat on the platform as your back teeth will not meet. You may speak with a slight lisp at first and if this is the case the best thing to do is go to your room, close the door behind you, and practice speaking aloud from a book or magazine. You will soon get the hang of it! You will probably produce a bit more saliva than normal, do not worry – whenever we put a foreign object in our mouths our brain automatically assumes that it is food, so in turn provides us with saliva - this will subside as soon as your brain gets use to the URA which should take just a few days.

To clean the URA, use your toothbrush and toothpaste to give it a good thorough scrub. (Handy tip: always clean the URA over a full sink of water, in which case if you drop the appliance, you will not break it on a hard sink!)

Recent research shows removable appliances and retainers can become contaminated with bacteria and yeast organisms; therefore, we continue to recommend that patients use 'effer-ves' to remove bacteria and other organisms from the surface of the appliance.

This is available at reception.

We do ask you to remove it if you play contact sports such as Rugby or Hockey (usually sport where a gum shield is needed) so as not to damage the URA. Get a box from reception to keep it in. If you lose the URA you will have to pay for a replacement, and they are expensive.

Please ask a member of staff for the charge applied if a replacement is needed.

Maintaining your oral health whilst wearing the URA

The plaque that naturally develops in our mouth sticks to everything it comes into contact with. This will include your URA. Plaque collects along your gum line where your gums meet your teeth. The URA will sit in this position also, giving the bacteria another place to breed and multiply. It is essential that this plaque is removed from both the URA and the gum line or it will cause a lot of irritation and cause your gums and your palate to become inflamed and swollen – this is the beginning of gum disease! To make sure that this does not affect you or your treatment, keep your teeth and your appliance clean!!

We are here to help you as much as possible. If you have any questions or worries, please do not hesitate to ask us.

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