

# Upper Removable Appliance (URA)

PERFECT SMILES ORTHODONTICS



## What is a Removable Appliance?

A removable appliance is a plate which you can take out for cleaning or eating. They work to straighten your teeth and/or improve your bite.

Once the plate is on your teeth, do not click the plate repeatedly in and out with your tongue. This will break the wires and increase your treatment time.

When you remove your plate, ensure that you place it in the protective box provided.

## How long will treatment take?

Treatment normally takes between 6 to 18 months, depending on the severity of your case. If you fail or cancel your appointments repeatedly or frequently break your plate, your treatment time will be longer.

## Will it be painful?

Your teeth will be sore for 3 to 5 days after:

- ☒ The initial fitting of the plate.
- ☒ Each subsequent monthly adjustment.

If required, mild painkillers like Paracetamol (Panadol) or Ibuprofen (Nurofen) may be taken to ease the discomfort (please note the correct dosage).

If there is an area of soreness on your gums or cheeks, please ring for an appointment as soon as possible.

If possible, DO NOT STOP wearing your plate or you will experience the same discomfort again when you restart wearing it!

## Can I eat normally?

Yes, you should be able to eat normally. For your treatment to work well and in the shortest possible time, it is important that you take good care of your teeth and plate. In order to prevent damage to both, please avoid the following foods:

- Sticky foods such as toffees, chewing gum etc.
- Hard foods such as crusty bread, popcorn, toast, biscuits etc. However, if you cut up any hard foods into small bite-sized pieces, then you may eat them very carefully.
- Sugary foods such as sweets and chocolate.
- Fizzy drinks and excessive amounts of juice.

## What about tooth brushing?

It is very important that you brush your teeth four times a day and with fluoride toothpaste. Always take the plate out to clean your teeth.

You should be brushing after meal times including: After breakfast, after lunch, after dinner and before bedtime. A fluoride mouthwash should also be used before bedtime after tooth brushing.

## How do I clean my plate?

To clean your plate thoroughly:

- Remove the plate from your mouth.
- Use a soft toothbrush and soapy water to clean all the surfaces of the plate. Ensure that you remove all the food debris and particles from the plate.
- Clean all the metal parts by brushing them gently.
- Rinse the plate thoroughly before reinserting it back onto your teeth.

## What should I do if my plate breaks?

IF ANY PART OF THE PLATE OR METAL WIRES BREAK, YOU MUST RING UP FOR AN APPOINTMENT TO REPAIR YOUR PLATE AS SOON AS POSSIBLE. PLEASE DO NOT WAIT FOR YOUR NEXT APPOINTMENT AS YOUR BROKEN PLATE WILL STOP WORKING AND YOUR TREATMENT MAY SLOW DOWN. IF THE PLATE IS BEYOND REPAIR, YOU WILL BE CHARGED THE COST TO REMAKE A NEW PLATE.

## Do I still need to see my regular dentist?

Yes. It is important that you have checkups with your dentist at six-monthly intervals throughout your orthodontic treatment to ensure that your teeth and gums are healthy.

## What should I do if I play contact sports?

You should wear a gumshield instead of your plate to protect your teeth when you play contact sports. When the plate is not in your mouth, place it in a protective box to prevent breakage.

