



# Peel Orthodontics

## M O R E T H A N A S M I L E



### UPPER REMOVABLE APPLIANCE

*Your Upper Removable Appliance, URA, is designed to move or tip teeth. It can also be used to correct certain bite issues. It is not designed to straighten your teeth.*

*The treatment usually takes about 6 - 12 months.*

### THE FIRST WEEK

*You must wear your URA all the time, except during cleaning, eating and sports, including swimming. At first it will feel strange and bulky, but you will get used to it. You will notice that:*

- You produce more saliva, but this will go away after a few days*
- You may feel some soreness in the jaw joints just in front of your ears. This is normal, and will disappear as you get used to wearing your Functional appliance. If necessary, take what you would normally take for a headache*
- Your speech may be affected. The best way to overcome this is to read out loud and practise the difficult sounds for ten minutes somewhere you will not be disturbed. You will be surprised how quickly you can adapt.*



### DIET

*If you have been advised to eat with your URA, it is the most difficult challenge at the beginning. To make it easier, you should eat soft foods that do not need much chewing, and cut tough foods up into small pieces that you can eat more easily.*



## CLEANING

*You must keep your URA clean otherwise your palate may become sore and infected, and your URA will smell unpleasant.*

*You should clean your URA with a normal toothbrush and toothpaste at least twice a day, at the same time as you clean your teeth.*



## FITTING

*When fitting your URA, always look into a mirror so you can correctly position the plate. Once in position use your fingers to push against the plastic and it will click into place.*

*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.*

*Always store your plate in an appliance case when it is not being used. This way it will not get lost or broken. NEVER wrap it in tissue or a napkin, as it often gets broken or thrown away.*

*Please ensure you see your family dentist every six months for a professional clean and dental examination.*

## CONTACT US

*If you have any queries, please contact us on 9586 9653, [info@peelorthodontics.com](mailto:info@peelorthodontics.com), or private message through Facebook. There is an emergency page on our website at [www.morethanasmile.com.au](http://www.morethanasmile.com.au) . If you still require assistance after hours, please leave a voice message on 0444 579 936 and someone will get back to you.*