

REMOVABLE APPLIANCE

Upper removable appliances (URA) are manufactured from hard plastic and wire. These fit to the roof of the mouth. These appliances have many functions, including the straightening of a few teeth, controlling deep bites and increasing the width of the upper jaw. To work properly, they must be worn **24hrs per day**, including eating and sleeping for approximately 4-6 months followed by approximately the same time nights only to hold the teeth in the new position. Generally they are removed only for cleaning and sport. (Occasionally in individual cases your **Orthodontist will instruct otherwise**).



SPORT

Unless your breathing is impaired, you should be able to play most sports with your appliance in place.

- If you are playing contact sport you should exchange your appliance for a mouthguard, then swap it back immediately the sport concludes
- If you are swimming in an area where the appliance is at risk of being lost, remove it beforehand and then re-insert it immediately after you have exited the water.

GENERAL CARE

- **NEVER** pour hot water over your appliance, or leave it in the car as this will distort or melt it.
- Should your appliance become damaged please present it, along with yourself and the models upon which it was manufactured to the surgery for a repair/replacement assessment.
- Always store your appliance in the container provided. **NEVER** wrap it in tissues, serviettes or gladwrap – it is the easiest way to inadvertently discard it.
- **NEVER** store it in you pocket, here it will be squashed or distorted.
- Small children and pets love to play with and often damage appliances, **NEVER** leave them within their reach.

THINGS TO REMEMBER

- After an adjustment, you may experience discomfort of some or all of your teeth. Painkillers may be required, similar in strength to that which you would take for a headache. This discomfort should only last for a few days, however if it persists, please make contact with the surgery.
- **Please bring your appliance to every visit. Even if you are instructed to wear it only at night we will need to assess the fit at every checkup.**
- **If you have any queries, please phone the surgery on: 9371 6088 .**

CLEANING

- Remove your appliance morning and evening for cleaning
- Once appliance has been removed, brush your teeth as usual paying special attention to brush the roof of your mouth where the appliance normally sits. This area can quickly become irritated if neglected.
- Brush all areas of your appliance with toothpaste and toothbrush to remove plaque and debris. (Always lean over a sink of water or a towel while doing this. Dropping your appliance on a bathroom tile or empty sink will damage it.)
- Soak your appliance with a Polident tablet (or a similar agent), which has been dissolved in cold tap water for a duration of approximately ½ an hour. This should be done once or twice a week.

