

## fitting □

When fitting your URA, always make sure that you look into a mirror so that you can correctly position the plate. Once your URA is in the correct position, simply use your fingers to push against the plastic and the plate will click into place.

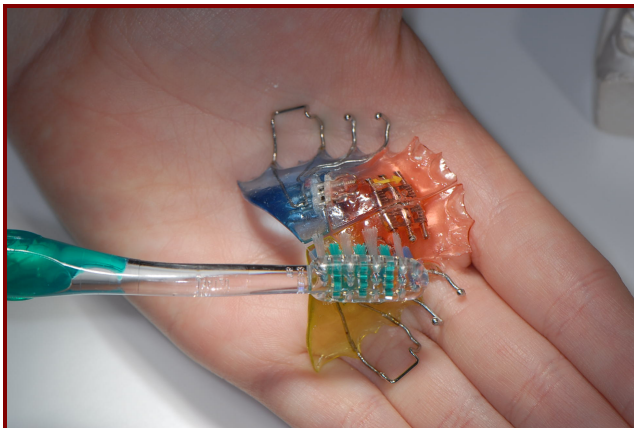
## removal □

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.

## cleaning your URA □

Your URA should be cleaned every day with a soft toothbrush and warm running water (not hot water). The best time to clean your URA is usually when you brush your teeth, as you will be near a sink and the plate needs to be removed anyway.

Plate cleaning tablets such as Sterident or Retainer Brite may also be used occasionally, if the URA develops an odour over time.



## wear □

Unless otherwise instructed, your plate should be worn almost 24 hours a day. This means that you leave your URA in place for sleeping, talking and eating soft foods. The only times you may remove your URA is when you are cleaning your teeth, playing a contact sport, eating very hard or sticky food, or swimming at the beach.

Note: not wearing your URA will result in a poor fit, which can be uncomfortable and will prevent you from achieving the best result.

## turning □

You will turn \_\_\_\_\_ a week  
(to be noted at your issue appointment).

## what we give you today □

A straight key - please keep in a safe place at home. If you misplace it, please let us know as soon as possible.

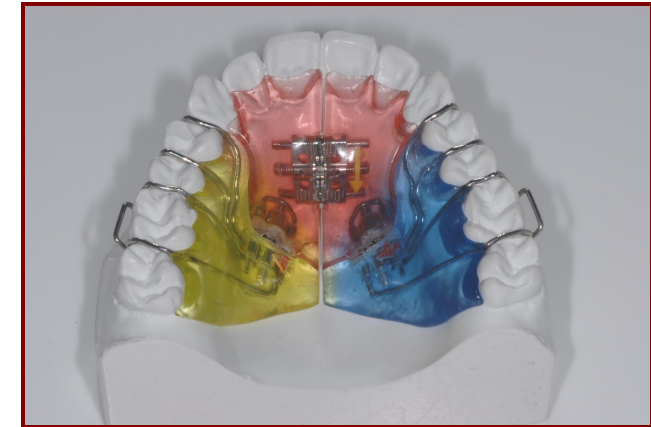
A bent key - same as above.

A baby toothbrush - to help clean your URA with.

A case - to keep your URA in, when it's not in your mouth or being cleaned.

A sample of Retainer Brite - for you to use once every few months. Place tablet and your URA in a glass of water for 15 minutes and then brush with the baby toothbrush to thoroughly clean it. You can purchase more from our reception desk.

# instructions for upper removable appliance (URA)



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### what does a URA do? □

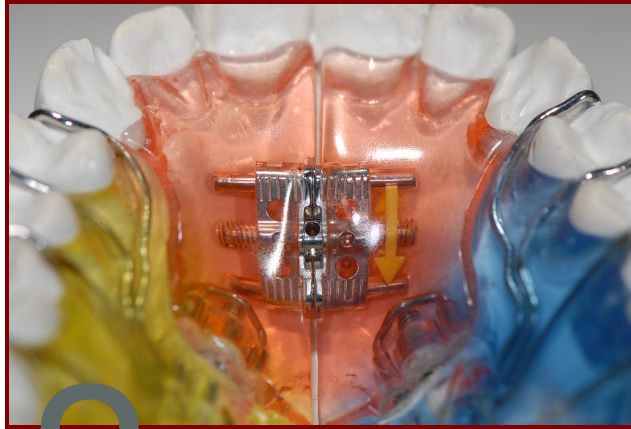
A URA consists of a removable orthodontic plate that fits the upper teeth and palate. It may include springs to move individual teeth around, a wire to push some teeth back, however their main aim is to expand the upper arch and make room for the developing teeth to come through in a better position.

### expanding your URA □

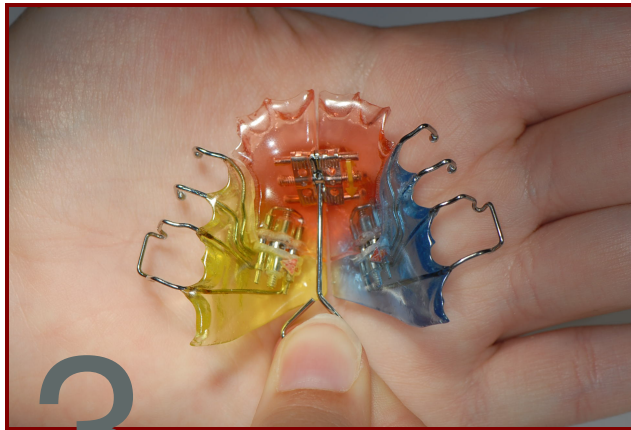
To create expansion with your URA, you will be required to use a key (or keys) to adjust your plate on a weekly basis, according to your Orthodontist's instructions.



1 URA with key.



2 Place the key in the front hole located on the beginning of the yellow arrow.



3 Push the key in the direction of the yellow arrow until it will go no further.

4

Do the same for the side screws, it's best to use the bent keys for the side.

Once this is completed, the key should simply slide out and a new hole should be visible at the beginning of the yellow arrow. The URA is now ready for the next time you need to expand. You may also find that a space opens in the middle of the upper plate, confirming a correct rotation has occurred.

Note: the first turn will not start at the top of the arrow. Once you pass the first turn all other turns will always start at the top.

### expanding your URA □

Turn your expansion screw as specified by your Orthodontist. To help you remember to do the expansion on the same day each week, write it on a calendar or put a reminder in your phone. Turning is best done at night before bed so that you get used to the expansion over night. You should feel some pressure after the URA has been expanded each time and in a few hours this pressure will subside.

### speech □

In the first few days your speech will be altered and you will create extra saliva. This will reduce with time and practice. Reading out loud for 5 to 10 minutes a day will help you get your speech back to normal again.