

Upper / Lower Removable Appliance (URA / Plate)

A URA is an appliance designed to move a tooth or segments of teeth. The success is dependant upon how well you wear your plate. You may also be asked to adjust a screw or spring to assist in this movement. If you have a URA expansion appliance you will normally be asked to turn this screw once every three days. It is a good idea if you mark the calendar every three days, so that you don't forget when this needs to be carried out. The URA should be worn all the time, and the only time it should be out is when you are brushing your teeth. You will need to brush your plate at the same time. Generally there is no reason why you can't eat with the plate in place.

When you first start wearing the plate your speech will be affected for the first few days. If you keep wearing the plate, your tongue will adjust to this and you should be speaking normally relatively quickly. Obviously there may also be some initial tenderness and discomfort when you first start wearing the plate, but the more you wear the plate the sooner this will pass.

Rarely the plate may irritate the gums somewhere and if this is the case then you should ring up and make an appointment for this to be corrected.

Obviously if you are wearing this all the time, there will be no need for a container to put the plate in.

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