



Upper Removable Expansion Appliance

Instruction guide

About your plate

Your upper removable expansion appliance (URA) is used to expand the upper jaw and to help with malocclusion issues like cross bites.

They aren't designed to straighten the teeth so further orthodontic treatment may be required at a later stage to correct alignment. To achieve results the URA needs to be worn at least 20-22hrs a day

What to expect

It is normal for a gap to appear while creating space and will be corrected later as part of this phase of treatment. Initial pressure after turning is expected and will normally ease off and feel normal again.

Your mouth may feel tender after turning and normal pain relief can be taken if required.

Caring for your plate

To reduce risk of damage, place the plate as shown and secure by pushing on the acrylic. Remove at the back using the clasps. Do not pull on the front wire.

ALWAYS STORE IN IT'S CASE AS IT IS EASILY LOST OR BROKEN. Pets, especially dogs, are attracted by the scent and love to chew them! We advise keeping the case up high or stored away in a cupboard or drawer.

Clean the plate when you brush your teeth by using a tooth brush and running water morning & night. Use a denture cleaner like polident once or twice a week to freshen it up and reduce bacteria. Rinse your mouth with water after eating. Thoroughly clean your teeth especially at the sides where the plate is secured. Do not put in hot or boiling water.

Wear as instructed. It should be removed when you are eating, drinking (cold water is ok), playing contact sports or swimming.

PLEASE CONTACT US WITH ANY QUESTIONS OR CONCERNS

Continue to visit your general dentist 6 monthly



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