



URA – UPPER REMOVABLE APPLIANCE

WHAT IS A URA?

A URA is an upper removable appliance made from plastic and stainless steel wire.

WHEN DO I WEAR MY URA?

You will be asked to wear your URA full time all day and night, only taking it out for eating/drinking, cleaning your teeth, playing sport and swimming.

HOW DO I CLEAN MY URA?

You should clean your URA when you clean your teeth with a toothbrush and toothpaste. Always remove the brace and clean it separately.

HOW DO I REMOVE/INSERT MY URA?

Always remove the brace using the clips around the back teeth. If you repeatedly flick the brace in and out with your tongue or remove the brace with the wire at the front this can damage the wires and will inevitably increase your treatment time. We advise you keep your brace in a sturdy protective box when it is not in use.

CAN I EAT NORMALLY AND WILL MY SPEECH BE AFFECTED?

You can eat as normal as you will remove your brace to eat. Your speech will be different, reading out loud with the brace in will help. You may also find excessive saliva initially but this will pass.

WHAT HAPPENS IF I LOSE OR DAMAGE MY BRACE?

Please call reception. There may be a charge to replace your brace if lost or broken beyond repair.

SHOULD I STILL VISIT MY REGULAR DENTIST?

You should visit your regular dentist as normal during treatment.



If there is anything you need clarifying,
please do not hesitate to contact us on
01603 767747
Smileorthodontics.norwich@nhs.net