



SUFFOLK
ORTHODONTICS

Creating Smiles

www.suffolkorthodontics.co.uk

Your Removable Appliance (URA/Hawley)

Wear your removable appliance as instructed which will include eating and sleeping. Remove the appliance for sports that require you to wear a mouth guard. When not in your mouth it should be kept in a brace box to prevent loss or damage.

After eating remove the brace and brush your teeth, gums, palate and the brace itself with

your toothbrush. While you are at school rinse it well under cold water.

You must not eat very hard foods or chew gum or toffee when wearing the appliance.

You must continue to see your regular dentist for check-up appointments throughout your orthodontic treatment.

If you are unable to wear the brace for any reason please contact the practice straight away for advice. Regular attendance is important so try to avoid missing appointments.

If you do not wear your brace as instructed, fail to brush your teeth properly or miss

appointments your treatment may be stopped.

A charge will be levied for appliances lost or damaged beyond repair. This is in accordance with the NHS Regulation 11 fee. The current charge for this is £80.70 per item. (April 2019)

Please remember your brace is only working when it is in your mouth!!

Please call us on 01473 636991 during normal working hours, if you have any problems with your removable appliance. Out of hours 111.

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