

Failed appointments represent loss of valuable clinical time and a missed opportunity for another patient to see and orthodontist. It is prohibited to levy any charge for failed appointments in accordance with NHS regulations introduced by the Government on 1st April 2006. However, the regulations allow for treatment to be terminated following 3 missed appointments. Please do not place yourself in such a position, as it will most certainly lead to disappointment, an incomplete result and being unable to be offered NHS care in our practices in future. Rebooking of failed appointments will be done at the next available appointment time, which may not be the most convenient time for you. You should be aware that we may not be able to offer a convenient appointment for you for some time.

Please remember that the majority of our patients are at school and prefer appointments after school. This is obviously impossible from a practical point of view. It would therefore be helpful if you could bring your school timetable with you to enable us to choose an appointment at a convenient time.

If you are happy with your treatment here, why not tell your friends about us? Or post a review on www.nhs.uk/dentist Patients do not need to be referred by a dentist; they can just give us a call and refer themselves.



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Our office hours are
Mon - Thurs 8:30am - 4:30pm
Fridays 8:30am - 4:00pm

Our surgery hours are
Mon - Thurs 8:00am - 5:15pm
Fridays 8:00am - 4:15pm



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Upper Removable Appliance

- This brace is removable but must be worn 24/7 to obtain the desired result.
- The only time we advise you to remove the brace is for contact sports, swimming, cleaning your teeth and for playing certain musical instruments.
- Upper removable appliances work by gently pushing your teeth into the correct positions.
- At first your brace may feel slightly uncomfortable, but this is only temporary. If you wear your brace full time as instructed they will become more comfortable and easier to wear.

Today you will be fitted with your Upper Removable Appliance 'URA'.

What is a URA?

The URA is designed to gently push your teeth into the correct positions. It is most commonly used for cross bites and/or narrow upper arches. Depending on treatment, your URA may have a small screw inside which you will be asked to turn once or twice a week...



Or you may have a spring that will put gentle pressure on certain teeth to move them into better positions.

When should the URA be worn?

Even though the removable brace can be taken out, it should be in our mouth 24 hours per day. This means sleeping, drinking, going to school, during leisure activities and anything else you can imagine. It is the constant pressure against your teeth that will ensure the desired movement of the teeth.

We do however suggest they are removed when playing contact sport, swimming, cleaning your teeth or playing certain musical instruments.

Please remember that if you do not wear your brace it is only yourself you are cheating. Your treatment will take much longer and your teeth will move back to their original position.

Should I eat whilst wearing the URA?

Yes, your brace is designed to allow you to eat with it in. Remove the brace after each meal/snack and rinse it under water. We recommend you rinse your mouth out as well to prevent food being trapped under and around the brace, which may lead to gum infections or even tooth decay.

Will it hurt?

At first your braces may feel uncomfortable, your cheeks may feel sore and achy, but this is only temporary. If you wear your braces full time as instructed they will become more comfortable and easier to wear. Your speech may also be affected; this can be improved by reading aloud!

How do I clean my brace?

It is very important to keep your brace clean, this can be done with a toothbrush and toothpaste, you may also use Retainer Brite to clean the brace. Remember: **DO NOT** use hot water when cleaning your brace.



What happens if it breaks?

Sometimes a small part of the brace may break or become loose. If you are still able to wear the brace, do so. Call us as soon as possible to arrange an appointment in which it can be fixed. Larger breakages will mean replacing the brace which will need to be paid for.

Look after your braces!

Although your treatment is being paid for by the NHS, it is important for you to know that they will not pay for repairs to the brace or for a replacement in the event of you losing it. Your brace is provided by the NHS, but if you lose or break it the cost of replacement is charged to you. Details of current NHS charges are displayed in the waiting room and are available from reception.

If you have any problems with the brace, whether it becomes loose, does not seem to fit well, is lost or broken or if there is anything that you are unsure of, please do not hesitate to contact us.