



The new trend in braces technology is called 'self-ligation'. This new type of brace has a 'gate' built in and replaces the need for the module or rubber ring that is usually placed and then replaced at each adjustment appointment. This technology reduces friction and supposedly reduces treatment time. It also enables a longer interval between regular visits as forces are active over a longer period of time. We have started to use these brackets in most cases (Damon System from Ormco & Inovation-R/C from GAC International). The issue with these brackets for many patients will be that coloured modules are no longer required, but still can be used as decoration.

Fluoride Mouthrinse

We have noted recently that several patients are not using the weekly fluoride mouthrinse (NEUTRAFLUOR 220 by Colgate). We recommend that all patients with any type of cemented appliance (i.e. not removable) including Expanders (Quad-Helix), Lip Bumpers, Headgear and/or Braces should use NEUTRAFLUOR 220 on a weekly basis.

This, as well as regular brushing and reducing the intake of sugary foods, will prevent tooth decay around your braces.

Each capful of NEUTRAFLUOR 220 contains 0.5mg/mL (or 220ppm) of fluoride ion which is at least three times the concentration of the popular fluoridated toothpastes. This concentration is not harmful ... although the bottle should be kept away from small children who may think it is Cordial ... and will provide added enamel protection.

Of course, excellent toothbrushing is still mandatory to ensure no "WHITE SPOTS" when the appliances are removed. We do recommend a more frequent use of the fluoride rinse in certain circumstances which your orthodontist and nurse will discuss with you during the course of your treatment.

However, for patients with poor oral hygiene or signs of early 'white spot' (i.e. decalcification lesions), we are now recommending and stocking Tooth Mousse - which can be used on a daily basis. Drs. Shearer, Schwartz or Ong will advise you should this be necessary in you or your child's case.

NEUTRAFLUOR 220 is available from our surgeries at \$14.50 per bottle or at some Pharmacies.

GC Tooth Mousse

We stock GC Tooth Mousse for patients with 'white spot lesions' that persist after de-banding or whose oral hygiene is a concern during the course of treatment.

The active ingredient in GC Tooth Mousse is "recaident" a product developed at our dental school at the University of Melbourne under the auspices of the current Head of School, Professor Eric Reynolds. Recalcent is derived from milk casein and, as such, cannot be used on patients with a milk protein allergy (e.g. lactose intolerance).

Reminders ... Reminders ... Reminders

We would like to remind all patients with headgears, functional appliances and retainers to bring these to each adjustment appointment.

Extra bonus points for those who also remember their daily hour charts!!!

For those patients wearing elastics ...

... RUNNING OUT IS NO EXCUSE TO STOP WEARING THEM !!

Please phone us when there are just a few elastics left in your pack and we will mail another packet to you. Remember to mention the 'animal' (i.e. Fox, Rabbit, Dolphin etc.) or 'mode of transport' (i.e. Sailboat, Canoe, Motorbike etc.) on the front.

KEEPING ELASTICS ON MEANS A QUICKER TREATMENT TIME !!