



**Despite our unseasonably warm few weeks of mid-May, winter will undoubtedly soon be upon us. We have been seeing many patients recently with 2014's strain of the INFLUENZA virus. May we request that patients with the 'FLU or any COLD symptoms, please inform the Clinical Staff so that appropriate measures can be implemented by the Attending Chairside Nurse and Orthodontist. This will usually mean that they will put on a SURGICAL MASK to prevent transmission of viruses and/or bacteria. REMEMBER that cross-contamination is the surest method of spreading your GERMS to other patients who may not even be in the surgery at the same time that you are there !!!! Air-borne and Hand-to-Mouth viruses are the hardest to contain and it is essential that hygiene practices are optimal ... so handwashing before food and tissues for those runny noses, please!!**

### Retainer Breakage

In recent newsletters, we have reminded you that patients must bring their retainers or removable 'plates' to each appointment. Removable 'plates' are necessary in most patients at some stage during treatment. These can be used to move specific teeth, groups of teeth or even correct jaw bone relationships (these latter 'plates' are referred to as Functional or Myo-Functional Appliances). They are also necessary in all patients on completion of braces as passive retainers. Because they are removable and have flexible wires, they are easier to fracture than braces.

If a single clasp is broken, it still may be possible to wear the plate and a repair is not required. However, you should always call the practice should this occur and we will inform you if a separate appointment is necessary. If the plate cannot be worn, an Emergency Appointment should be organised. It is usually not possible to fix the plate without an up-dated impression being taken. A new impression is always needed if any teeth have moved.

In some cases the repaired retainer can be mailed out so that only one appointment is required. However, in cases of tooth movement, the attending orthodontist will usually request a second appointment to ensure proper fitting of the repaired plate. In such cases, retainers are required to be worn fulltime for a specific time to realign any teeth that have shifted. Remember that retention is an essential part of your orthodontic treatment.

### Regular Six Monthly Dental Check-Ups

We wish to remind all of our patients that regular six monthly dental examinations with ...

#### **YOUR REGULAR GENERAL DENTIST**

... are mandatory throughout the course of your orthodontic treatment ... even during retention (i.e. while wearing plates after removal of braces). Seeing your dentist is an important part of your regular oral care.

### Payment of Accounts

A kindly reminder that payment of the quarterly accounts is requested within 14 days of the date of issue. When forwarding a cheque in the mail for payment of an account, it would be most appreciated if you could write the name of the patient on the reverse side of the cheque. Remember that direct debit facilities are also available. If you have a problem in paying an account, please contact our Office Managers, Peter or Pauline on 9434-4111.

### Website

Have you checked-out our new website??

**[www.designerorthodontics.com.au](http://www.designerorthodontics.com.au)**

It has been completely re-designed and we have had lots of positive feedback. Let us know your thoughts. We plan to keep it up-dated with up-to-date information and any orthodontic breaking news!!