



SCHWARTZ, ONG & SHEARER
ORTHODONTICS
NEWSLETTER

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Welcome to our newly 'designed' newsletter and our new practice name: Designer Orthodontics. With the retirement of Dr. Shearer, we also have a new website up-and-running: designerorthodontics.com.au Come and check it out!! It is pretty cool and will be up-dated on a regular basis to keep you informed on the goings-on in all of our offices. As most of you will know by now, Dr. Shearer will continue to work in Macleod and Croydon completing treatment on his patients in active treatment. Dr. Devin Ong is now a partner in the practice and will ensure that our practice maintains its very high reputation that it now commands. Over the last two years, Dr. Ong has gained the confidence and respect of both his patients and our office with his orthodontic expertise and dedication to his work. Welcome, Devin!!

Retainer Breakage

In recent newsletters, we have reminded you that patients must bring their retainers or removable 'plates' to each appointment. 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 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 most 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.

Summer Means Sunscreen

Although school is back for 2013, March and April have been notoriously hot months over the last few years. For once, even we Melburnians aren't complaining about the Spring "wet" which has gone a long way to improving our water storage. As there will be many hot days in the up-coming late Summer & Autumn months, please remember to

"SLIP ... SLOP SLAP"

particularly on those hot school days and drink plenty of water throughout the course of the day. Sunblock or zinc cream on lips is particularly important on those high UV days as we have seen patients in the past few Summers with terrible burns and ulcers (keratoses).

Retainer Check-Ups

We wish to remind all of our retainer patients that any removable 'plate' should be brought to each appointment. Retainer appointments are usually arranged every 3-4 months once the braces are removed and it is essential that you follow the routine as specified by your orthodontist.

During this retention phase of treatment, you will be advised should the 'wisdom' teeth require removal. There is usually a 9-12 month initial period of full-time wear (i.e. day & night) followed by night-time routine for a specified period.