



SCHWARTZ, ONG & SHEARER
ORTHODONTICS
NEWSLETTER

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Welcome to our first Newsletter of 2014!!! We hope that you had a great Christmas & New Year and holiday break. For once even we Melburnians couldn't complain about the weather - lots of sun for us and plenty of rain for the gardens. We would like to take this opportunity to welcome Hayley to Dr. Ong's practice. She commenced work late last year and is 'learning the ropes' extremely quickly. She was a previous patient of Dr. Shearer's ... so she came in with a vast knowledge of orthodontics!?! We would also like to welcome back Mandy from maternity leave. She has been a bit reluctant to leave Taylah at home, but it is great to see her at the Macleod reception desk on Monday, Tuesdays and Fridays. Stephanie would also like to announce the arrival of her new Dyson vacuum cleaner ... don't ask, although she will be happy to show you a photo or two!

Brush 'Em

Following on from our last Newsletter's note on using a weekly fluoride mouthrinse while your braces are in place, we bring you another important reminder re: toothbrushing ... we like to see and work in clean mouths all year 'round:

- a. **Adjustments are less tender** especially during wire changes (when the gum can actually grow over the braces with inadequate oral hygiene).
- b. **Clean teeth move quicker** In our experience, patients with optimum cleaning tend to be in braces for a shorter time.

Red, puffy gums are a sign of plaque build-up. Bleeding on brushing is not a good sign. Take care to brush along the gum-line and this will usually subside within a few days time.

Flossing is also recommended using a floss-threader. A dental floss threader is a thin piece of straight plastic with a loop on one end, used to floss around braces. The floss threader looks like a large plastic needle, with the exception of being dull on the end. Braces and other dental devices placed on the teeth make it tricky to floss. This is where the dental floss threader comes into action. First, you slide one end of the dental floss through the eye, or loop, of the dental floss threader as if you were threading a needle. Next you pull the end of the dental floss through so it won't slide back out. Once the dental floss is in place, you slide the straight end of the dental floss threader

straight end of the dental floss threader underneath the wire of your braces and then slide the floss out of the threader. The floss is now under the wire between two teeth, and you can floss those two teeth as normal.

Summer Means Sunscreen

Although school is back for 2014, March and April have been notoriously hot months over the last few years. As there will be many hot days in the upcoming 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. Full coverage hats along with 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).

HICAPS

Although, we were one of the first practices in Australia to enlist in HICAPS (with dedicated lines placed way back last century, i.e. 1999), we were subsequently informed that orthodontic services were NOT included due to problems with Item Numbers. However, we now understand that these issues have been resolved and we have re-applied for the service in both of our offices. We will keep you informed as to when we are on-line as this will make payments easier for those patients with the appropriate insurance coverage.