



**SCHWARTZ, ONG & SHEARER**

**ORTHODONTICS  
NEWSLETTERS**

**Mar - May '15**

Volume 21 No.4

**Our nursing staff have been very busy since our last Newsletter of 2014. Stephanie gave birth to a boy, Jobe Thomas in early December and is loving motherhood. A few weeks later on Christmas eve, Kim had a girl Charlotte May weighing in at 5 lb 1oz - in the 'old lingo'. Both mothers and babies are all fine ... pictures available at our front desks in Macleod & Croydon. CONGRATULATIONS to Kim & Jason and to Steph & Jordan!! We hope to see both of our Senior nurses back on staff in the near future. We miss you already! With Mandy expecting her second child in June, we are definitely a growing extended family. There must be something in the water on Greensborough & Maroondah Highways!! Both of our newbie nurses have settled in well with Gabby about to start her formal training at RMIT and Leah 'holding fort' at reception.**

## **Orthodontic Records**

### **(Plaster Casts & Photographs)**

Many patients who have completed braces have asked for their original plaster casts and/or photographs to have as a memento of their orthodontic treatment. We are required by Victorian Health Department regulations to retain patient records for 10 years following completion of treatment in the case of adult patients.

For patients who have completed treatment prior to the age of 18 (i.e. 'minors'), all records must be kept until the patient reaches 25 years of age!! As you can imagine, we do end up with a major storage problem as the plaster models do take-up a lot of space. We have compactus units in each surgery filled with study casts and Drs. Schwartz, Ong & Shearer also have a collection at home!!

Holograms and other types of 3-D imaging are currently being tested in many universities as a possible means of archiving ... of course, this may eventually mean the end of impression-taking for fabricating our Study Models.

Since way back in 2004, we have been using digital cameras for facial and intra-oral photographs of all cases - prior to that we actually used 'slides' LOL! As you know, "Before & After" photographs are taken for each individual case. Patients that would like a copy of these can have them printed, sent via e-mail, copied to a USB stick or even "burnt" onto CD/DVD - remember doing that in the '90s?

## **Toothbrush & Toothpaste Guidelines**

Patients and parents commonly ask us to recommend a specific toothbrush for use with braces. There is, in fact, no one brand that is better as long as it has the following features :

(a) Small head - for getting easily around back teeth and the tongue-side of the front teeth.

(b) Soft bristles - to prevent gum damage. Light strokes will stop a shaggy dog appearance, however, a new brush every three (3) months is recommended.

Electric toothbrushes provide these features; however the heads do have to be changed more frequently with braces. As a general rule-of-thumb, a minimum of 2 minutes brushing is required with braces to ensure a proper job. Again, no one brand of toothpaste is preferred, however it should contain fluoride to prevent decalcification (White Spots) around the braces. Together with our recommended weekly fluoride mouthrinse, there are no excuses for teeth to look 'sparkling' even with your braces on.

## **Payment of Accounts**

A kindly reminder that payment of 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. If you have a problem in paying an account, please contact our Office Manager, Pauline on 9434-4111.