

Brace Yourself

Your Orthodontic Newsletter

Autumn Edition

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IT'S AUTUMN...

Wishing everyone a great little break over the Easter holidays.

With this in mind don't forget our new practice policy of confirming school holiday and Saturday appointments.



Crazy Sock Day!



Another successful dress up day is over. A big **Thank You** to everyone who participated.

Congratulations to Brittany W who won herself a great Dr. Barber pack and a movie voucher!

Braces and Musical

Now that you have braces, or will soon be getting them fitted, you may be wondering how they will affect your musical talents if you play a wind instrument. Well, you can still play your instrument but it just may take some extra practice sessions to get used to playing with braces. The time it takes to adjust will depend on the type of instrument you play. Woodwind instruments (clarinet, saxophone, oboe, bassoon, recorder) are not really affected, but the flute or brass instruments (trumpet, horn, trombone, tuba) may take a little more time for adjusting as the lips need to exert more pressure. We suggest for the first few times you play with your braces on that you cover the front of your braces with the wax we gave you to protect your lips. The key to success is a positive attitude and with a little extra practice things will be quick!

Past Competition Winners

A big congratulations to our past competition winners! Remember all you need to enter in our monthly competition is your current appointment slip. Fill out your entry on the back of your appointment slip and place it in the competition box for your chance to win some fabulous prizes. It's that easy!

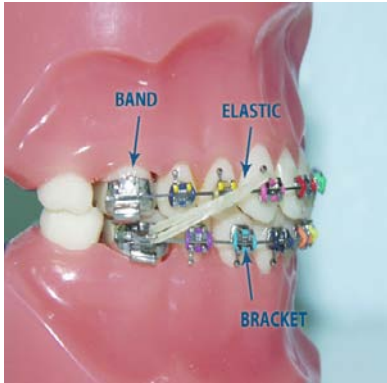
Our December/January competition winner was **Yan D** who told us how to keep your teeth clean over the Christmas break. She won herself an iPod shuffle. Our runner up for that month was **Denise B** who won a \$30 Movie voucher.



Well Done Girls!

Ask Dr Barber...

Why do I need to wear elastics?



Elastics are rubber bands that are worn as part of your orthodontic treatment. They add an extra force to the braces to help move your teeth. They have to be worn full time for treatment to be successful. Forgetting to wear your elastics is like pedalling a bike with no chain – all that work and you're not moving at all.

You will need to wear your elastics all the time except when eating or brushing. This includes wearing them while you sleep. You can take your elastics off at mealtimes, just make sure you put them back on after eating. You will need to take the elastics off to clean your teeth but remember to put them back in once you are done.

You will need to replace your elastics once a day – usually in the mornings. Wear your elastics as instructed and you'll be well on your way to that winning smile!

Introducing...

JESSICA



My name is Jessica and I am a Dental Hygienist. I started working for Dr. Barber as an assistant while I was at university and now continue in my role as Hygienist. I have the wonderful job of revealing your new smile when your braces come off.

Braces Recipe...

EASY LASAGNE

Ingredients:

500g minced beef
1 onion, chopped
1 garlic clove, crushed
850g tin chopped tomatoes
1 teaspoon sugar
Mixed herbs to taste
3 tablespoons tomato paste
Salt
Lasagna sheets

Cheese Sauce:

Butter
3 tablespoons plain flour
2 cups milk
125g grated cheese

Method:

1. Fry the chopped onion and crushed garlic in a little oil for 5 minutes.
2. Add the minced beef and herbs.
3. When meat is brown add can tomatoes, sugar, tomato paste and salt. Simmer for 30 minutes.
4. *Cheese sauce:* Melt some butter in a pan and stir in flour, milk and grated cheese. Stir mixture constantly until thick.
5. Pour half the meat mixture into a baking dish, then add alternate layers of dry lasagne, meat mixture and cheese sauce, finishing with the cheese sauce on top.
6. Sprinkle top cheese layer with grated cheese and bake at 200°C for 35 minutes.

