

Brace Yourself

Your Orthodontic Newsletter
Summer 2009 Edition



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THIS EDITION

Mouthguards –
Custom vs Chemist

Ask Dr Barber –
Do I need any further
treatment once I have my
braces removed?

Meet Allison

Braces Recipe -
Chocolate Christmas Balls



Summertime...

Another season has past us and now Summer is here! Everyone is excited because school holidays are upon us. With this in mind don't forget our new practice policy of confirming school holiday and Saturday appointments.

Also we have an exciting Crazy Sock Day coming up in the December school holidays so get out your most craziest socks and wear them proudly.

Did you know?

Mouthguards Custom vs Chemist



You might be wondering whether you need a mouthguard now that you have braces. Your teeth are no more susceptible to injury now than before your braces were fitted, but your lips might get hurt if they are pushed against your braces. We recommend that you wear a mouthguard for any contact sport whether you wear braces or not. A **custom**-made mouthguard is best. It is vacuum-formed on a mould of your own teeth for an accurate fit. We take care to block out any areas where your teeth might be moving in the near future so that your mouthguard will last you all season.

A **chemist** mouthguard, commonly known as the 'boil and bite' mouthguard doesn't fit properly, they are bulkier and therefore more uncomfortable to wear.

Pirate Day...

Last month we all enjoyed a couple of days at work dressed up like pirates. We often have fun dress up days that patients get involved in with cool prizes to be won.

Patients who had pirate colours on their braces, a big thank you as we donated \$165 to the Surf Lifesavers.

Well Done Team!





Ask Dr Barber...

Do I need any further treatment once I have my braces removed?

Great news – your braces are off! Now you'll need to wear retainers. Retainers hold your teeth in their new positions while bone grows to hold them steady. Also, as we get older everything, including our teeth, undergoes slow gradual change. Follow my instructions carefully and correctly wearing your retainer will keep these changes to a minimum.



On the big day your braces come off I will fit a permanent retainer on the inside of your lower teeth. This retainer, like your braces, may break if you eat anything too hard or sticky on it, so make sure you eat those things on your back teeth.

Once all your braces are removed I will take an impression over your top teeth to make you a clear removable retainer that you must wear for 12hrs every night (unless otherwise instructed).

Eventually you will wear the top clear retainer less and less, but this will be discussed at your visits with me. You should also still be having your six monthly check ups at your dentist as well as coming back to see me so I can check both your retainers.

Introducing...

Allison



I've worked with Dr. Barber for the past 2 ½ years. You won't always see me, but I'm usually around somewhere. I get the opportunity to do a range of duties from sterilizing to lab work and have been out in the office a lot more lately.

The rest of my time is taken up with my two children, Meg and Sam. With work and running them around after school it doesn't leave a lot of time for much else but I do enjoy a good movie and reading. My daughter loves Twilight. I've just read the series to see what it's all about and I really enjoyed it.

Braces Recipe...

These Chocolate Christmas Balls are a great idea for gifts for family and friends – not just for people in braces.



Chocolate Christmas Balls

Ingredients

- 250g packet Nice biscuits
- 3 tablespoons cocoa powder
- ½ cup desiccated coconut
- 395g can sweetened condensed milk
- ½ teaspoon vanilla extract
- ¾ cup desiccated coconut, for coating

Cooking method

1. Place biscuits and cocoa in a blender and crush very finely
2. Pour crushed mixture into a large bowl and stir in the remaining ingredients (except the coconut for coating)
3. Place mixture into the fridge (for about 30 minutes) until firm enough to roll into balls
4. Sprinkle coconut for coating on a plate and roll generously heaped teaspoons of mixture into balls, then roll in coconut. Store in the fridge.

