

NEWSLETTER

Spring 2013



Welcome to our Spring 2013 newsletter!

We are delighted to introduce our new receptionist Hayley and our new orthodontic nurse Linzi. Also congratulations to Petra on becoming our new practice manager.

Ask the Orthodontist

Question: Once my braces are removed, will my teeth stay straight forever?

Answer: Retention is the most important part of orthodontic treatment. As long as you wear your removable retainers as advised, your teeth will remain straight. If you have fixed retainers, it is very important that you have them checked regularly to ensure your retainers are in good condition.

Brace Friendly Recipe

Chosen by Petra

Banana Bread

4 small ripe bananas, sliced
1/2 cup unsalted butter (allow to soften)
1 cup sugar
2 eggs
2 cups of plain flour
1 teaspoon baking soda
1/2 teaspoon salt

Preheat oven to 180 degrees C, gas mark 4.

In a small bowl, use an electric mixer to blend the bananas together; set them aside. In a large bowl, cream the butter, sugar and eggs. Add the flour, soda and salt to the egg mixture, then add the bananas. The batter will be a bit stiff. Grease a 9" x 5" loaf pan, then pour in batter. Bake for 60-65 minutes.



Refer a Friend Competition

For a chance to win a **£50 voucher** of your choice, refer a friend for a private consultation to Katz & Madhok Orthodontics. Ask your friend to make an appointment with us and then email us your friend's name. You will be entered into the draw. The closing date is 31st May 2013. The winner will be announced in our Summer 2013 newsletter. Good luck!

Patient Spotlight: SASKIA

We are thrilled to introduce Saskia, who recently had her braces removed. We are very proud of the great job Saskia did as our patient, and of the wonderful results that she will get to enjoy for a lifetime.

We asked Saskia to answer some questions for us and we are delighted to share them with our readers:

What is the first thing you ate when you got your brace off?

Well I don't think eating a certain food was a significant moment after getting the braces off. It was more that I could now run my tongue across my front teeth without tasting metal! So when you get yours off, try it; it's a bit slimy at first but it's seriously cool! I think I must have also indulged in some ribs as there was no longer the fear of embarrassment of meat in-between my 2 front teeth!



What advice do you have for other people that are currently in braces?

It will be over soon and for the short percentage of your life you have to wear them, it's so worth it! Hello Hollywood Smile!!

What do you like best about being treated at Katz & Madhok Orthodontics?

Staff are always incredibly friendly and genuinely seem to remember you from one visit to the next (Though, this may be because I went every 6 weeks for 3 years, but who knows?!)

What do you think about your new smile?

To be honest for the first day or so it took some getting used to. But now I love it. I don't have to worry after lunch times that I've got green stuff stuck in it or that my outfit may not match the silver of the braces.

Are you glad you had braces?

Braces took up a third of my life so far and whilst having them wasn't the best time for me (or my mother!) I am so glad I decided to stick with them and end up with the smile shown in all those dental magazines!

Tooth Trivia

If you are right-handed, you probably chew most of the time with the right side of your mouth.

Toothbrushing With Braces

It is very important you keep your braces and teeth clean during your orthodontic treatment. To show you how to clean your teeth with braces watch our Oral Hygiene video here www.kmortho.co.uk