

FOREVER SMILES BRACKET CHATTER

Official Newsletter from
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Specialist in Orthodontics for Children & Adults

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SPARKLE WITH BRACES this HOLIDAY



For some, holiday occasions are one of the most-anticipated events of the season, and what's not to love? There's delicious food, holiday lights, gift exchanges and so much to prepare for - from dressing up in sparkly jewelry, to polishing up those dance shoes. Everyone wants to look their best this season, but if you wear braces you might be concerned your orthodontics will steal the attention away from your celebratory smile. If you are

worried about your braces being the standout feature when it's time to deck the halls, Dr. Yan Razdolsky and the Forever Smiles team have a few suggestions which may help ease your concerns and have you joyfully ringing in the holidays.

When it comes to bands, picking the right color can be essential to your holiday look. When planning for fun, spirited events, consider bands which reflect the season or your personality leading into the big affair. Red and green, or even red and white like a candy cane can be a fun and seasonal kick to boost your mood. For more formal occasions, perhaps select a neutral color for bands so they don't jump out or clash with your anticipated attire. That's right, if you're concerned that the color of your bands will clash with your outfit, you can always schedule a visit to Forever Smiles before the big event and pick colors to complement your outfit and your mood! Another suggestion before heading out for holiday merriment is leave enough time for a mini photo-shoot to practice your celebratory smile. This will help boost your confidence when posing for holiday pictures with others.

Dr. Yan warns braces wearers should always be conscious of what foods are off limits when they're out celebrating and want to make a good impression. Avoid crunchy, hard, chewy, and sugary foods that can damage the brackets if you have metal or ceramic braces. Nothing is worse leading up to and through a big day than pain or discomfort. Also remember, whether you have traditional braces or wear clear aligners which you remove before eating, it's good practice to limit your sugary food intake as these bacteria favorites contribute to acid and plaque formation which do not take time off for the holidays. Other foods worth avoiding include hard sticky foods like candy canes, toffee, and peanut brittle. Braces wearers should also be cautious of meat on the bone and large chunks of raw veggies. Lastly look out for hard cookies, nuts, and foods with nuts in them, as they can bend or break wires which will certainly ruin a fun evening.

When you do taste the flavors of the season, Dr. Yan says it is important to remember your oral hygiene. Nothing is worse than a holiday greeting with food stuck in your teeth or braces! Tuck a compact mirror in your pocket or purse to check your braces for food particles once you finish eating or snacking. Even better, visit the restroom and use a travel toothbrush to gently brush your teeth as necessary to remove any accumulated plaque. In addition to a travel toothbrush and orthodontic wax, consider toting a mini bottle of mouthwash with you to kill bacteria and keep your breath minty fresh.

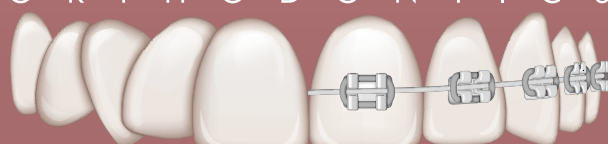
Regardless of how you choose to celebrate the season, remember the main reason why you have braces in the first place – a straighter, beautiful, more healthy Forever Smile. Beyond the physical benefits of straighter teeth, braces wearers are making a conscious choice to do something beneficial for their long-term health. There is nothing that says positive self-image more than looking ahead to care for oneself, so that alone should help ease your image concerns and boost confidence. Our advice – smile big and sparkle! In years to come, you won't look back on photos from special occasions and regret having undergone orthodontic treatment. So, relax and celebrate... 'tis the season of giving after all!



Thank you for being part of our Forever Smiles Family. If you have any questions about this newsletter or anything else, please do not hesitate to contact us at our Buffalo Grove office: **847-215-7554** or via email: yan@razdolsky.com. We look forward to providing you and our community with even more reasons to smile!

www.razdolsky.com

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ORTHODONTICS



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Happy
Holidays!

