

- "Limitations live only in our minds. But if we use our imaginations, our possibilities become limitless." – Jamie Paolinetti



OCTOBER 2025

www.smilepowerortho.com

ANNOUNCEMENTS

Braces Myths

Myth #1 Braces are only for kids and teens

While many patients start treatment when they are young, it's never too late to improve your smile. Adults of all ages are choosing braces or Invisalign to straighten their teeth and improve esthetics

Myth #2 Braces are extremely painful

The first 3-5 days there will be mild soreness that can be resolved with Tylenol or Advil. With gentle forces and advancement in technology, the braces experience has become much more comfortable.

Myth #3 Invisalign won't work for my alignment

Invisalign has come a long way since it was first brought out in 1998. Almost every case can be treated with Invisalign now, even for kids. The only time Invisalign does not work is if you don't wear them!

Myth #4 Once I am done with my treatment, my teeth will stay straight forever

Teeth will always try to move back to their original alignment. Retainers are provided at the end of treatment, and are worn nightly to maintain the alignment.

Retainers are night time for life time! Many options for retainers are available now, such as options to buy multiple to keep on hand, and glued in retainers for those who have trouble remembering to wear them.

Myth #5 Orthodontics is just for looks

Orthodontics is important not just for cosmetics, but also for function. Proper alignment improves bite, function, speech, and oral health, making it easier to clean teeth.

Happy Halloween!

Candy Exchange

Exchange the candy you cant eat with your braces and trade them for ortho bucks! 1 buck per pound

Decorate the Pumpkin and get a submission to win our Spooky Basket Raffle! Ask Toni for a pumpkin to submit!

G H A L L O W E E N L B W Z
X J E E K A I M C V S R L M
S Z T R E A T U Q A W O E N
B F R R C Y H T P U U K R S
C R B L W D O S E S L E S W
M H A E O O B O I J D N P E
U K H C W L J C J I H E O E
P C B E K X L W C A A J O T
B R U S H E J I Z W M Z K S
T R I C K F T I P X S L Y G
C A N D Y C H O C O L A T E
L R F L O S S Y Y A P W C U
Y E Q I P W S T I C K Y H P
M R F T X P U M P K I N Q Y

Treat	Pumpkin
Cider	Broken
Sweets	Halloween
Costume	Spooky
Bracket	Floss
Chocolate	Candy
Trick	Brush
Chewy	
Sticky	
Lollipop	

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SMILE OF THE MONTH!



See the back for a braces friendly recipe!

Dirt Cake Cups

This classic no bake dessert is great for kids and adults alike! These individual dirt cups are perfect for parties, movie nights, playdates, and more.

Ingredients

- 20 chocolate sandwich cookies (Oreo cookies)
- 1 , 3.9 ounce box of instant chocolate pudding
 - 2 Cups milk (skim or 2% recommended)
- 1 , 8 ounce container of frozen whipped topping, thawed (Cool Whip)
 - 30 gummy worms



Instructions

1. Place 10, 9oz clear plastic cups on a cookie sheet (or in a 9x13 pan, or on a serving tray) and set aside.
2. Crush the Oreos in a food processor (or by hand), and set aside.
3. Add the cold milk to a medium mixing bowl and sprinkle the instant chocolate pudding over it. Whisk until well combined and then allow it to rest for about 5 minutes to thicken.
4. Fold the thawed whipped topping into the pudding until well combined.
5. Add two spoonfuls of pudding into each cup. Place two spoonfuls of crushed cookie "dirt" on top of the pudding layer. Repeat with a second layer of pudding, and then a second layer of "dirt".
6. Add 3 (or more if desired!) gummy worms on top of each cup, then chill until ready to serve.



Smile Power Orthodontics
discover your smile power