

- "Play is the highest form of research."
- - Albert Einstein



FEBRUARY 2026

www.smilepowerortho.com

ANNOUNCEMENTS

What to Expect at Your Orthodontic Exam

Your first orthodontic exam is an exciting step toward a healthier, more confident smile—for you or your child. Whether you're visiting us as an adult or bringing in a young patient, here's a quick look at what that day usually includes and how we make the experience comfortable, informative, and personalized.

For Adults: Digital Scans & Smile Simulation

For our adult patients, your exam often includes a comfortable digital scan—no messy impressions needed. This advanced technology creates a precise 3D image of your teeth and bite.

One of the coolest parts? We can often show you a simulation of what your smile could look like after treatment. This preview helps you clearly understand your options and feel confident about the path forward.

For Kids: Early Evaluation & Panoramic X-Rays

For children, early orthodontic exams are all about prevention and guidance. A panoramic X-ray allows us to see developing teeth, jaw growth, and any potential concerns that aren't visible during a regular exam.

These images help us detect issues early—sometimes before all permanent teeth have even come in—so we can recommend treatment at the ideal time or simply monitor growth as needed.

Personalized Treatment Plans—Just for You

No two smiles are the same. After reviewing scans, X-rays, and exam findings, we create an individualized treatment plan tailored to your needs, goals, and lifestyle. We'll walk you through recommended options, expected timelines, and what treatment might look like step by step.

Estimates & Flexible Payment Options

In most cases, you'll receive a treatment estimate the same day. We believe orthodontic care should be accessible, so we offer flexible and affordable payment plans to fit a variety of budgets.

Your orthodontic exam is all about education, comfort, and clarity. We're here to answer questions, ease concerns, and help you feel confident about your next steps toward a great smile. 

Valentines Day Raffle

Guess how many chocolates are in the jar for a chance to win 2 passes for games at Dave and Busters!

Share the love!

Refer a friend for the month of February to receive \$200 off towards treatment for you and your friend!



Find the following words in the puzzle.
Words are hidden   and .

APPRECIATE
VALENTINE
CHOCOLATE
TEDDYBEAR
LOLLYPOP
THANKFUL
FLOWERS

BE MINE
DINNER
SWEET
CUPID
MOVIE
CRUSH
CANDY

ROSES
LOVE
PINK
GIFT
DATE
CARD

SMILE OF THE MONTH!



See the back for a braces friendly recipe!

Sugar Cookies



Sugar Cookies

1 cup (226 g) unsalted butter softened

1 cup (200 g) granulated sugar

1 ½ teaspoons vanilla extract (see note)

1 large egg

2 ½ cups (315 g) all-purpose flour (Plain flour)

¾ teaspoon baking powder

¾ teaspoon table salt

Instructions

Sugar Cookies

-Combine butter and sugar in the bowl of a stand mixer (or in a large bowl and use an electric hand mixer) and beat until creamy and well-combined.

-1 cup unsalted butter, 1 cup granulated sugar

-Add egg and vanilla extract and beat until completely combined.

1 ½ teaspoons vanilla extract, 1 large egg

-In a separate, medium-sized bowl, whisk together flour, baking powder, and salt.

2 ½ cups all-purpose flour, ¾ teaspoon baking powder, ¾ teaspoon table salt

Gradually stir dry ingredients into wet until dough is smooth and completely combined.

-Lay out a large piece of plastic wrap and transfer approximately half of the dough onto the wrap (dough will be quite sticky at this point, that's OK!).

-Cover dough with clear wrap or wax paper and mold into a flat disk. Wrap tightly. Repeat with remaining cookie dough in another piece of clear wrap. - Transfer dough to refrigerator and chill for at least 2-3 hours and up to 5 days.

Once dough has finished chilling, preheat oven to 350F (175C) and line a baking sheet with parchment paper (alternatively bake cookies directly on an ungreased baking sheet). Set aside.

-Generously dust a clean surface with flour (do not try to roll this dough out with powdered sugar or between parchment paper) and place one chilled cookie dough disk onto the surface. Lightly flour the dough and roll out to ¼" (for thinner, crispier cookies) or ½" (for thicker, softer cookies). Add additional flour as needed both on top of and beneath the dough so that it doesn't stick.

Note: if dough is cracking as you roll it, let it sit at room temperature for 10-15 minutes to soften before attempting again.

Use cookie cutters to cut out shapes and use a spatula to transfer shapes to prepared baking sheet, spacing at least 1" apart. If you are not intending to decorate your cookies with icing, you can decorate them with sanding sugar at this point before you bake them.

Bake on 350F (175C) for 8-10 minutes (this is for cookies that are approximately 3" [7.6cm]; note that smaller cookies will need less time and larger cookies will need more), or until edges just begin to turn lightly golden brown.

Allow cookies to cool completely on cookie sheet before decorating.

Sugar Cookie Frosting

3 cups (375 g) powdered sugar, sifted (weigh before sifting)

3-4 Tablespoons milk (I use whole milk, but any kind will work)

2 Tablespoons light corn syrup (see note)

½ teaspoon vanilla extract

Gel food coloring optional

Additional candies and sprinkles for decorating optional

Easy Sugar Cookie Icing

Combine powdered sugar, 2 Tablespoons of milk, corn syrup, and vanilla extract in a medium-sized bowl and stir until combined. If frosting is too thick, add more milk, about a teaspoon at a time, until the frosting is thick but pipeable. If you accidentally add too much milk, add powdered sugar until desired texture is reached.

3 cups powdered sugar, sifted, 3-4 Tablespoons milk, 2

Tablespoons light corn syrup, ½ teaspoon vanilla extract

If coloring the frosting, divide into bowls and color as desired at this point.

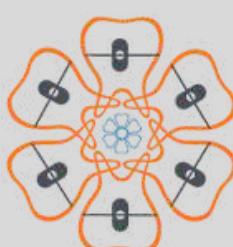
Gel food coloring

Transfer frosting to a piping bag with a piping tip (I used Wilton 5), or place in a Ziploc bag and snip a small piece of the corner off (not as neat, but this will still work, just take care that the frosting isn't so thick that it breaks open the seam of the bag when you are squeezing).

Pipe frosting on cookies and decorate with decorative candies, if desired.

Additional candies and sprinkles for decorating

Allow frosting to harden before enjoying, stacking, or storing (this took several hours for me and may vary for you depending on the consistency of your frosting).



Smile Power Orthodontics
discover your smile power