

"With the new day come new thoughts and new strengths." – Eleanor Roosevelt



# MAY 2026

[www.smilepowerortho.com](http://www.smilepowerortho.com)

## ANNOUNCEMENTS

### Happy Mothers Day!

We will be celebrating our moms with a little extra reason to smile! Enjoy a **FREE** consultation and **10% off treatment** for the month of May. Now is the perfect time to treat yourself. You deserve it!

### Smile Care 101: Keeping Your Braces & Aligners on Track

Starting orthodontic treatment is an exciting step toward your best smile—but great results depend on great care! Whether you have braces or clear aligners, a few simple habits can make all the difference in keeping your treatment on schedule.

#### Caring for Braces

Braces are always working, so keeping them clean and protected is key.

- Brush after every meal to remove food that can get stuck around brackets and wires
- Floss daily using floss threaders or water flossers to clean between teeth
- Avoid hard, sticky, or chewy foods like popcorn, gum, and caramel that can break brackets
- Wear rubber bands as directed to keep your treatment moving forward
- Call us if something breaks

#### Taking Care of Aligners

Clear aligners are removable, which makes them convenient—but they only work if you wear them consistently.

- Wear aligners 20–22 hours a day for best results
- Remove them when eating or drinking anything other than water
- Clean them daily with a soft toothbrush and lukewarm water (no hot water—it can warp them!)
- Keep them in their case when not in use to avoid loss or damage
- Stay on schedule with switching trays as instructed

#### Healthy Habits = Faster Results

No matter which treatment you choose, consistency is everything. Good oral hygiene, following instructions, and keeping your appointments will help you reach your dream smile as efficiently as possible.

If you ever have questions or need help, our team is always here for you. Let's keep that smile shining bright!



Find the following words in the puzzle.

Words are hidden → and ↘ and ↙

APPRECIATE  
CHOCOLATE  
THANKFUL  
TOGETHER  
GRATEFUL  
FLOWERS  
MOTHER

BRUNCH  
FAMILY  
KISSES  
CARING  
SPRING  
ROSES  
SMILE

LOVE  
HUGS  
KIND  
HERO



## SMILE OF THE MONTH!



See the back for a braces friendly recipe!

# Egg Muffins



## Prep Time:

15 mins

## Cook Time:

30 mins

## Total Time:

45 mins

## Ingredients

12 eggs

½ cup chopped onion

½ cup chopped green bell pepper, or to taste

Bacon, ham or sausage, cooked and chopped

½ teaspoon salt

¼ teaspoon ground black pepper

¼ teaspoon garlic powder

½ cup shredded Cheddar cheese

## Directions

Gather all ingredients.

Preheat the oven to 350 degrees F (175 degrees C). Lightly grease 12 muffin cups or line with paper muffin liners.

Beat eggs in a large bowl. Stir in onion, green pepper, salt, pepper, and garlic powder. Mix in meat and Cheddar cheese.

Spoon into the prepared muffin cups.

Bake in the preheated oven until a knife inserted near the center comes out clean, 20 to 25 minutes.

Serve and enjoy!



Smile Power Orthodontics  
discover your smile power