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SMILE OF THE MONTH!



🦷 Orthodontic Myths Debunked!

There are lots of myths about braces and orthodontic treatment—but how many are actually true? Let's set the record straight!

🧐 Myth: You have to wait until all baby teeth are gone.

Fact: Not necessarily! An orthodontic evaluation around age 7 can help identify potential problems early and determine the best time to begin treatment.

😬 Myth: Braces are really painful!

Fact: Some soreness is normal, especially after braces are first placed or adjusted. The discomfort can be managed with over-the-counter pain relievers such as Tylenol or Advil, and softer foods. Prefer something more comfortable? Clear aligners are a great option and are very comfortable to wear!

🕒 Myth: You can't eat your favorite foods with braces.

Fact: You can still enjoy many of your favorite foods! You'll just need to avoid very hard, sticky, or chewy foods that can damage brackets and wires.

😬 Myth: Braces are only for kids.

Fact: Orthodontic treatment can benefit patients of all ages. It's never too late to work toward a healthier, more confident smile!

🕒 Myth: Once your braces come off, you're done!

Fact: Retainers are an important part of keeping your teeth in their new positions. Wearing your retainer as directed helps protect your beautiful results.

✨ The bottom line: Don't believe everything you hear! If you have questions about orthodontic treatment, we're always happy to help separate fact from fiction.

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

Find the following words in the puzzle.

Words are hidden → and ↓ and ↘

HALLOWEEN
PUMPKIN
GHOST
SKELETON
BAT
SPIDER

WEB
SPOOKY
HAUNTED
COSTUME
CREEPY
CANDY

TRICK
TREAT
CHOCOLATE

Boo Basket Raffle and Candy Buy Back!

Candy Buy Back!

Save the candy from Halloween that you can't have with your braces and trade it in for OrthoBucks! Exchange will be available through the month of November
1 pound = 2 OrthoBucks!

Boo Basket Raffle!

Color a pumpkin to enter the raffle to win the Boo Basket at the front desk!

Ask Toni for a pumpkin to decorate!



See the back for a braces friendly recipe!

Dirt Cups!



Ingredients

3.4 ounces box instant chocolate pudding mix

2 cups milk

8 ounces whipped topping thawed

Toppings

10-12 Oreo cookies crushed

32 gummy worms

Instructions

In a medium bowl, add cold milk and sprinkle pudding over top and whisk until well combined.

Let sit 5 minutes to thicken.

Gently fold in whipped topping until well combined.

Spoon into glasses or cups.

Sprinkle crushed Oreo cookies on top of pudding in cups.

Add 4 gummy worms on top of each cup.

Chill until ready to serve.