



THE MOMCENTRAL BLOG

Avoiding the Summertime “Braces” Blues

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This month’s sunshine and warmer temperatures inevitably bring thoughts of the coming summer. For many families, plans may already be under way for summer vacations, long weekends, summer camp, and club sports leagues.

Along with these looming summer plans come accompanying logistics – identifying house sitters, finalizing camp physicals, wrapping up endless packing lists, and for parents of kids at mid-orthodontic treatment, determining how to schedule orthodontic appointments in the midst of the hectic summer months.

Summertime proves particularly problematic for kids with traditional braces. Parents find it challenging to keep up with appointments every four to six weeks while away on extended family trips or while kids attend sleep-away camp. Moreover, once school ends, kids balk at their typical routines, trying to sneak chewing gum or opting for sticky toppings on summertime ice cream cones. And try enforcing fluoride rinses and flossing with a tween exhausted from a daylong soccer camp!

Even when my kids’ braces came off, I still dealt with what I refer to as the Retainer Wars. After multi-year treatment programs, endless office visits, and tightening woes, I found myself enforcing retainer usage, while my kids focused on their newfound freedom.

Clearly amidst the busy summer months, key lifestyle issues emerge surrounding active teens and traditional braces. The Damon System – newly rebranded as Damon Smile to reflect how this innovative treatment approach can transform a patient’s smile – offers an entirely different perspective. Using a



“slide” mechanism that reduces friction and allows teeth to move more comfortably, Damon Smile results in faster treatment time.

And, because Damon Smile doesn’t use traditional brackets, the system requires significantly fewer appointments—meaning you won’t juggle multiple summer office visits or have to squeeze in an orthodontist appointment on your way to the airport. Finally, without the need for uncomfortable tightening of brackets, kids avoid dealing with painful treatments before heading out to camp or during summer baseball leagues.

Here are some of my favorite tips for the summer months:

Plan Ahead: As the end of the school year always proves action-packed, start now to get all logistics lined up for summertime activities – including camp packing lists, physical forms, day camp carpooling schedules, and vacation itineraries.

Maintain Routines: While changes in schedules prove unavoidable due to travel or other activities, make sure kids maintain the bulk of their healthy routines – including going to bed at a time that works for them, eating healthy, and getting plenty of exercise.

Check Before You Leave: If kids do travel or attend camp during orthodontic treatment, a check-up before they leave can help ensure braces remain trouble-free for the duration of the trip. Make sure kids have an adequate supply of floss and wax with them to avoid running to a local pharmacy while out of town.

Try Incentives: As summer presents a challenge for kids and their orthodontic routines, consider an incentive program. Let kids know that if they regularly brush, floss, avoid gum and other forbidden foods, or wear retainers consistently, they can have an end-of-the-summer reward – ranging from a new back-to-school outfit or a pizza party with friends.



Tell us how you and your family will be celebrating the summer season this year!

<http://www.momcentral.com/blogs/the-momcentral-blog/damon-smile-summertime-braces>