

## Damon Diva: The First Month of Having Braces

February 4, 2013 By [Momstart](#)

The night before getting braces I recorded a video talking about how nervous I was to get braces. I've heard that a lot of people are so excited to get braces, perhaps because most of my needs were for better overall health instead of appearance I wasn't that excited. I also HATE going to the dentist and the word "Procedure" and getting braces put on is a bit of a procedure in my mind. I know an orthodontist is different from a dentist but I was just not looking forward to it. Here is my night before video:



I went into Dr. Bruner's office as schedule and he talked me through how the bonding process would go. They did some prep work, they polished my teeth, applied the glue and added brackets, then they added the wires and I was done.



Remember how before I said that I wasn't eligible for the clear aligners? The thing is that the [Damon System](#) allows for my teeth to move along the wire in the direction we need them to move. I'm using rubber bands to pull by bottom teeth back to correct the class 3 overbite that I have. Over the course of a few months those teeth will have made more space in my bottom quadrant allowing us to work on another area. The aligners don't work that way, neither do conventional braces. Regular braces take much more tightening and pulling and more visits to the orthodontist. The Damon System means typically less time in treatment and fewer adjustments meaning less time in the office— which delights me to no end.



The whole process took about 45 minutes just like they said it would and I took a few videos while I was at his office including my initial reaction of what it feels like to have braces. I think I was in shock. It was much more than I expected. I knew my mouth would be sore but I wasn't expecting how the braces would feel against my mouth.



As I was leaving, Dr. Bruner took his photo with me and then he could tell that I was a bit upset and he consoled me. I have to be honest with all of you and say that as an adult it's quite a difference to come out of the process and feel normal. After the bonding process I felt like what in the world did I just do, why did I do this, were my teeth really bad enough to need braces? I felt like maybe I made the wrong decision. Having Dr. Bruner validate my feelings by telling me a story about his wife really helped me cope with the discomfort and my emotional status. I'm here to tell all of you, when you get braces, your experience may be just fine. A friend of mine, her son had braces put on just a few days after me and he had no adjustment issues at all. You may also feel like me and wish you hadn't gone through

with it. I know that the overall look will be worth it in the end.....it's just an adjustment. Both feelings are ok and normal.

It's been a month now and I'm actually starting to adjust to having braces. The shock I first had is gone and I'm looking forward to seeing changes soon. At my three week follow up appointment, Dr. Bruner showed me that if I continue to change out my bands and wear them all the time in just six more weeks I could start to see a solid change. That, I'm quite excited about. I'll keep you updated on my progress as time keeps passing.

If you're interested in finding out more information or if the Damon System is right for you then use the [Doctor Locator](#) to find your nearest Damon System orthodontist and ask them how you may benefit from Damon Braces. I'm a Damon Diva and am being compensated for my time and will be treated with the Damon System and sharing that experience with you.

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