



## Debunking the Myths of Wearing Braces

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### **The Myths of wearing braces:**

· *Braces are painful*

Only at first are braces painful. I'm going to be honest and say that yeah, when you first have them put on it's not until the next day that they ache and then eating is hard. I wasn't able to eat regular foods for two months, but I think it really depends on your pain tolerance. A friend of mine said her son had braces a week after I did and he never took a break from real food. She was a little disappointed because she was hoping to save on the grocery bill for a few months not having her teenage boy eat her out of house and home for 18 months. After the two months I was eating everything except bread and all those foods that might break the brackets off, which is just really really hard crunchy stuff like chips, popcorn and nuts. So my mouth ached for two months, third month no. Then I had a new wire put in and then my mouth was sore for a day. Only a day!

· *Braces are bulky, metal and not visually appealing*

My braces, from the [Damon System](#) allow for my teeth to move along a wire because of how the bracket system is designed and they are not bulky in any way. My braces do not have to be adjusted, instead they change a wire at my appointments, going to larger wires. We also use rubber bands that are very thin and small and not noticeable. I have the [Damon Clear](#), virtually invisible, brackets for my treatment on my top teeth, and now they have them available for the bottom teeth too. My friends said that they don't even notice the top braces.

· *You can't eat anything with braces*

Only for the first two month did I feel like I couldn't eat anything. After the first two months I was eating regular foods. I tend to stay away from all the foods that were on the DO NOT EAT list. I'm also hesitant to eat crunchy veggies but I can eat them. I've been using my juicer instead. And there are lots of different foods you can eat even if you want to stay away from crunching. You can have oatmeal, yogurt, cereal, soup, potatoes, pasta and lots of other foods.

· *People won't take me seriously with braces*

NOT TRUE AT ALL! Everyone that I have run into looks at my braces and says things like: I want braces so bad, or I had braces as a child, make sure you wear your retainer, I didn't and now I need braces again. I've been asked to speak in front of people and do video campaigns on my blog. No one cares if I have braces in fact they are practically ecstatic for me because they know that I'm going to be very happy with the end result and I can't wait for the end result.

I have not been passed up for a single campaign due to my braces.

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.

<http://momstart.com/2013/04/debunking-the-myths-of-wearing-braces/>