

## SEPTEMBER 2023 NEWSLETTER



Here's what's happening in our office....

Hello Christy,

It's **BACK TO SCHOOL** time! We hope everyone has a smooth transition into the 2023-2024 school year!



In this newsletter we have announcements about the winners of our recent office contests, the August Patient of the Month, our September Patient Rewards Hub contest for patients and Colors of the Month, as well as our monthly topic: going back to school with braces. Read on for all the details.....

### **ANNOUNCING THE WINNER OF THE GUESS THE # OF LEGOS IN THE JAR CONTEST!**

Thank you to everyone that stopped by the front desk to submit their best guess for the # of LEGOS in the jar! We had SO many entries and some people even got technical by measuring the jar and doing math! The exact # of LEGOS in the jar was.....567!

The person that guessed the closest number without going over was... Ian Liebmann!!! Congratulations, Ian on winning a \$25.00 Pavs Ice Cream gift card! Yum! Thank you for participating and we hope you enjoy!



### ANNOUNCING THE WINNER OF THE HIDE THE PAINTED ROCKS CONTEST

Thank you also to everyone that participated in this contest by hiding a painted rock out in the community and submitting a picture! Everyone picked such great hiding spots & we hope you had fun hiding the rocks for us!

The winner of the Hide The Painted Rocks Contest is.....LEXI KAYLOR!!! Congratulations, Lexi! Enjoy spending your \$50 Amazon gift card!



## AUGUST

Every month we pull one random name out of a box from all of the awesome patients that have been in that month with:

- *Excellent brushing & oral hygiene*
- *No broken brackets*
- *Excellent elastic wear as prescribed*

Patient  
of the  
Month

Congratulations to Hayes Abdul, who is our Patient of the Month for August! Hayes received 50 extra rewards hub points as well as a certificate. Congrats,



## Things to know....

### SEPTEMBER CONTEST FOR PATIENTS:

This month's patient contest is called **Back To School Brain Blast Trivia Contest**. Log into the Patient Rewards Hub with your password to access the contest. You will need to sharpen your pencils and deliberate quickly to earn the high score in this fun and fast-paced back-to-school trivia contest. Participants are also encouraged to follow and like our Facebook page after completing the contest. The end of the contest is September 30th and the winner will receive a notification in their patient hub account and will earn 30 rewards points. Everyone that participates will receive 5 rewards points. **GOOD LUCK!!**

### MONTHLY TOPIC: GOING BACK TO SCHOOL WITH BRACES

Summer is one of the most popular times of the year for getting braces put on. Starting orthodontic treatment with a long break in between school months allows kids to adjust to braces and everything that comes with it. If you're one of the many students who had braces put on this summer, you may be feeling a little anxious about going back to school with braces. While this is a common concern, adjusting to wearing braces at school really isn't hard if you plan in advance. We've put together this guide to help you survive school with your braces!

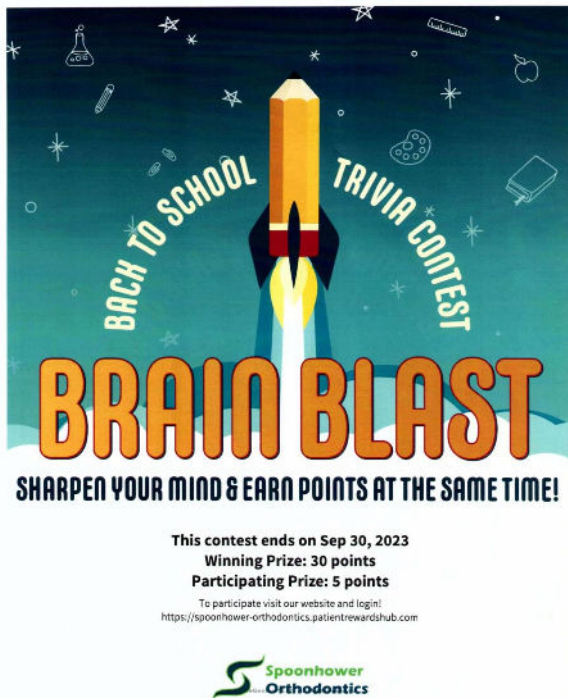
#### **Be ready for anything with a DIY braces kit**

It's not unusual to have minor issues pop up with your braces from time to time, whether it's food getting stuck in your brackets or a stray wire popping out of place. Prepare for this ahead of time by packing a braces kit to keep in your backpack, or locker! Some helpful items you may want to think about including are:

- a soft-bristled toothbrush and fluoride toothpaste for brushing after lunch
- floss or ortho picks to use after lunch if you have the time (and space) to do so
- orthodontic wax, which can be used to cover any part of your braces causing irritation
- extra rubber bands (if part of your treatment)
- lip balm for dry lips
- a small cup for rinsing your mouth out after eating
- an unsharpened pencil for the eraser end, which can be used to push any stray wires back into place

#### **Make a plan for lunch**

When it comes to eating with braces, the same rules apply no matter where you are, whether it is at home, school, or anywhere in between! So, you'll want to regularly check your school's menu ahead of time so you can plan





your meals in advance. Look for braces-friendly options like spaghetti, mac and cheese, soups, cooked vegetables, lean meats, applesauce, yogurt, and bananas. These are braces friendly options that will be easier to chew. Stay away from foods like pretzels, chips, caramels, raw fruits and veggies while you're in braces. and plan on packing a lunch on days when there aren't many braces friendly options.

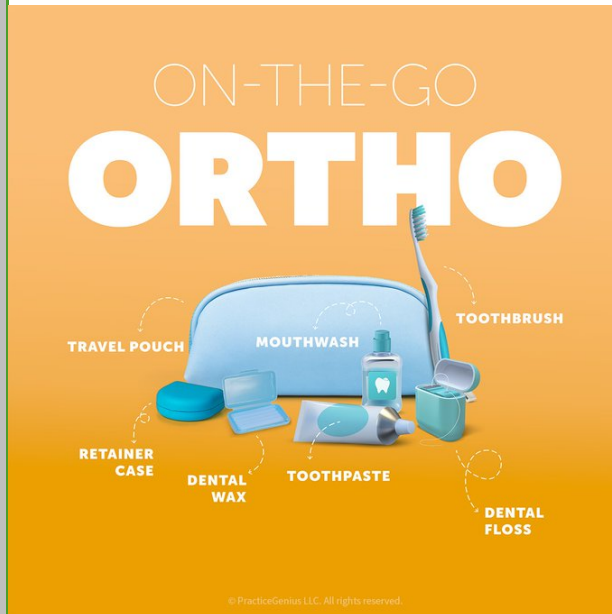
### Embrace your 8 ounces

Drinking lots of water not only keeps you hydrated and helps battle a dry mouth (something common with braces), it can also help flush out any food particles that may be stuck in your braces or teeth.

Steer clear of sugary liquids like soda, fruit juice, or sports drinks. These can cause staining and increase your risk of developing cavities, so aim for plain water! If you do decide to indulge in a sweet drink, be sure to use a straw to keep the sugars away from your teeth and brush as soon as you get the chance.

### Protect your braces

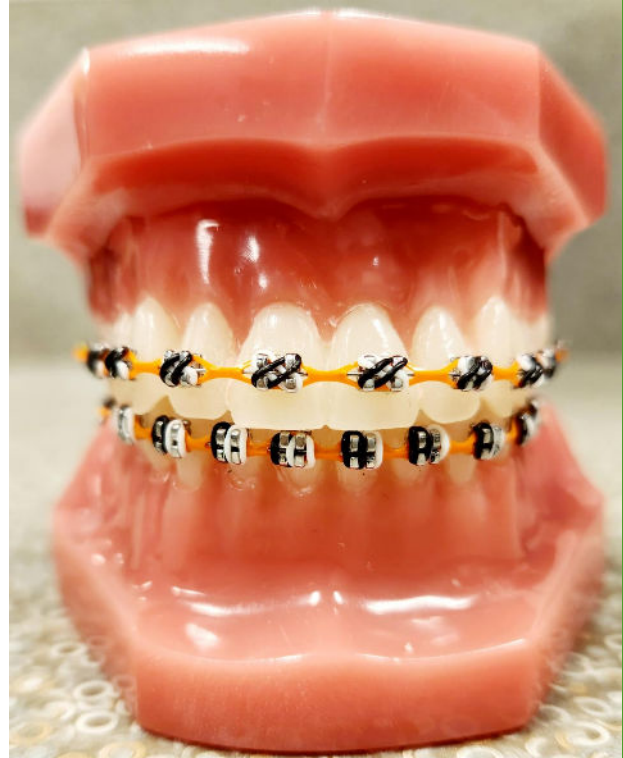
Orthodontic sports guards are designed specifically to be used with braces, are simple to use and the most effective way to keep your mouth and braces safe from damage during sports, gym class or other physical activities. We offer sports mouth guards free of charge at our office.



## COLORS OF THE MONTH

Each month we feature a different color combination you can get on your braces with the elastic ties! We even give the color combination a fun, cool name and have it on display so you can see what it will look like!

*Here are this month's colors.....*



Did you know we are accepting new patients? The biggest compliment we can ever receive is the referral of a family member or friend, or an online [Google](#) review. We thank you for your confidence in us and we appreciate your business and your referrals! We hope to see you in the office soon!

[Click here to leave us a Google review!](#)

Sincerely,  
Dr. Christopher Spoonhower & Staff



Monday: 9:00 a.m. – 6:00 p.m.  
Tuesday: 9:00 a.m. – 5:00 p.m.  
Wednesday: 9:00 a.m. – 5:00 p.m.  
Thursday: 7:30 a.m. – 3:30 p.m.

Reach Out To Us

Call Us Today: (330) 896-0600  
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**Please Note:** Our office is closed on Fridays, however we DO have limited patient emergency hours. Should you have an orthodontic emergency, please call the office. If we do not answer, please leave a message and we will call you back as soon as possible.

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**Regarding Insurance:** If your insurance covers orthodontic treatment, you will be reimbursed directly from your insurance company. This will reduce your overall out of pocket expense for treatment. Many insurance policies have a lifetime orthodontic benefit that is distinct from regular dental insurance. Insurance policies vary, so we will review your insurance to determine the appropriate course of action. (Once treatment has started, we will file your claims).

Our office is committed to helping you maximize your insurance benefits. Due to the fact that insurance policies vary, we can only estimate your coverage in good faith, but cannot guarantee coverage due to the complexities of insurance contracts. Please inform us, too, of any changes to your insurance coverage.



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