

## Braces & Summer Time for Kids

For kids, summer time usually means fun days outside; ice creams and lollies; sleepovers and a general change in routine. For kids with braces though, these all require a little more consideration and planning than usual. So - to help your child have fun and maintain appropriate orthodontic care this summer, we have compiled this short check list.

#### Schedule NOW with our office.

School vacations are our busiest time and appointments get filled quickly, so make sure you have your next one scheduled. It is also a good idea to get those longer appointments scheduled in the summer, where possible, to avoid missing school.

#### As always, limit sugary drinks and snacks.

Iced water, frozen sugar-free treats or refrigerated fruit are refreshing alternatives.

### Plan ahead for sleepovers and overnight trips.

Add a small box of wax and spare elastics (if appropriate) to their overnight bag.

#### Warm days and retainers.

Hot cars and direct sunlight melt retainers!

## Thanks for the



#### "Best of the Best!

Dr. Roos and his team are wonderful! Very professional, yet they make you feel like you are right at home. I'm always included in the planning process and they always make sure I know exactly what is going on and what the next step is." J.W.

A big thank you to everyone who has posted a review online - your recommendation is the highest accolade you can give us!



Contest Winners Did you know...

We appreciate all of our patients - and particularly all those who qualify for our monthly

#### **GREAT PATIENT DRAW!**

Congratulations to our **JUNE** winners and thank you to their Dentists for partnering with us on their care.

> Abd E. (Dr. Tony Sieu) Nooa V. (Dr. Keerti) Jones S. (Dr. David Hagel)

Aubrey H. (Dr. Rama Oskouian)

Lucy J. (Dr. Chris Chen)

To qualify for the Draw you need to: Be on Time for your appointments; have no failed appointments;





Instagram roosorthodontics



Roos Orthodontics was recently nominated as one of the

#### Top 100 Orthodontic Blogs on the internet!

Follow us to get our regular, informative posts straight in your inbox.

Visit our website for the link.

Recent topics include:

Ask the Doc: Why is my orthodontic treatment taking longer than planned?

How to be an informed orthodontic shopper

Dealing with orthodontic emergencies at home

**Propel: The future of orthodontics** 

And of course the latest results on our contest and prizes

# Summer Contest

