

HOW TO ACE BRACES

BY TRACY BROWN

It's the big day – the day your child gets braces. This is a BIG deal. A rite of passage. A sign of maturity. It's also nerve-wracking for your child – and, let's face it, for you, too. To make sure you're both prepared, we interviewed two current patients, an orthodontist, and a fellow mom on the process. Here's what they all say you need to know about braces.

PERSPECTIVE | THE MOM

TAKEAWAY | DON'T WAIT TOO LONG.

"We noticed when my daughter, Brooke, was 4 that she had developed an underbite," says Marietta resident Danielle Davis. "We met with Dr. Kincer who explained that we would start with expanders at age 5. I was worried because it seemed so unusual to start that young, but Dr. Kincer was right." Now a fourth-grader, Brooke has since graduated from braces. "My daughter's smile is 100 percent better," says Danielle. "I'd say don't wait too long to get your child checked by an orthodontist."

PERSPECTIVE | THE ORTHODONTIST

TAKEAWAY | AN OUNCE OF PREVENTION IS WORTH A POUND OF CURE.

While the American Association of Orthodontists now recommends a checkup at age 7 (before all permanent teeth have come in), Danielle was right to have Brooke seen earlier, when they noticed an issue. "Research has changed since most adults were in braces themselves. We now know that starting treatment before the mouth is fully developed helps prevent serious issues later, such as surgery or extracting teeth," explains Dr. Kincer, who founded West Cobb's Kincer Orthodontics over 25 years ago. "There are many times I see an older child and wish they had come in earlier so we could have caught a major issue. With Brooke, starting early made a huge difference."

PERSPECTIVE | THE PATIENTS

TAKEAWAY | THERE'S NOTHING TO FEAR.

"When I first walked in to get braces, I was kind-of nervous but excited at the same time," shares Brooke. "Dr. Kincer's team was so nice and would say things like, 'It's alright, don't be nervous,' and 'It won't hurt a bit.' That definitely helped."



Brooke before



Brooke after



Brooke says Dr. Kincer's reward wall of braces-approved candy for patients with good oral hygiene also helped. But the best part? "Changing the colors of your bands!" she says. "Hot pink, yellow and orange were my favorites."

Her brother, Carson, however, wasn't quite as excited about getting braces. "It just wasn't really something I wanted to do," says the ninth-grader. "But Dr. Kincer did a great job installing them, and they only hurt for a few days. Then you get used to them and they feel great."

"We know it's normal to be a little nervous, so we explain everything upfront to help the patient relax," adds Dr. Kincer. "We also welcome the parent to accompany their child through the treatment so everyone can feel at ease." As a father himself, Dr. Kincer gets what a big deal it is to get braces put on. And, he also knows what a big deal it is to get them off: "We never get tired of seeing patients' reactions when their braces are removed. They can't not smile. It's great."

SOURCE | Kincer Orthodontics. 44 Old Hamilton Road, Marietta. Complimentary consultation: 770-424-5280 (no referral needed). Kincerortho.com


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