



Surviving Braces, a guide of tips, recipes and more to help you get through orthodontic treatment

Jennifer Webb, Tracy Gilbert

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Surviving Braces, a guide of tips, recipes and more to help you get through orthodontic treatment, is a unique book on getting through the orthodontic journey. It has everything included to breeze through orthodontic care informed and empowered. Included are chapters with more than 65 delicious braces-friendly recipes and much more. There are practical tips and what to expect when you get braces, funny stories and braces trivia, an orthodontic diary, an elastics tracker, and help with orthodontic emergencies. There is even a diagram showing the parts of braces, to help you better communicate with your orthodontist. Child or adult, patient or parent, this book is a must have for anyone taking the journey of orthodontics. It makes a great gift too!

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