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DR. JESSICA
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ORTHODONTICS

CASE OF THE MONTH

DR. JESSICA COHEN ORTHODONTICS



**SMILES MADE
SIMPLE.
CLEAR ALIGNERS
FOR TEENS AND
KIDS
EVERY CHILD IS
UNIQUE — THEIR
SMILE, THEIR
PERSONALITY, AND
THEIR COMFORT
LEVEL. HERE ARE SOME
REASONS FAMILIES
MAY PREFER ALIGNERS:**



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3 SMILE SUPERPOWERS OF CLEAR ALIGNERS: CONFIDENCE, CONTROL AND CLEAN TEETH

Boosting Confidence

- Some kids feel self-conscious about wearing braces — especially during picture day, sports, or social events.
- Aligners are nearly invisible, allowing children to smile and speak naturally while still getting great results.

Taking Ownership of Their Smile

- Aligners give kids a sense of responsibility. They learn to wear their trays consistently, remove them for meals, and clean them daily.
- This helps children feel like active participants in their own smile journey, rather than just “putting up with braces.”

Easier Hygiene

- Brushing and flossing with braces can be tricky — food gets trapped around brackets and wires.
- Since aligners are removable, kids can brush and floss normally, which keeps their gums and teeth healthier during treatment.

Freedom to Eat What They Love

- With braces, crunchy foods like apples, sticky treats like caramel, or even favorite snacks like popcorn are often off-limits.
- With aligners, kids simply remove their trays at mealtime and enjoy their favorite foods without worry.

COMFORT TODAY, CLARITY TOMORROW AND CONFIDENCE FOR LIFE

Aligners Can Ease Orthodontic Anxiety

For some children, dental anxiety is real. The idea of tightening wires or having brackets adjusted can feel stressful. Clear aligners reduce many of those visits and adjustments, making the process smoother and less intimidating.

- Traditional braces have brackets, wires, and rubber bands that can rub against cheeks, lips, and gums. For kids with sensory sensitivities, this feeling can be overwhelming.
- Clear aligners are smooth and gentle, with no sharp edges — a relief for kids who may already experience anxiety with textures or sensations.

Who is a candidate?

Many children as young as 7-10 years old can be evaluated for orthodontic treatment. Early intervention can guide jaw growth, address skeletal growth concerns and even reduce the need for more extensive treatment later.

Every smile is different!

The Bottom Line

Clear aligners can make orthodontics easier, more comfortable, and more empowering for kids. From minimizing sensory challenges, to helping them eat what they love, to boosting confidence in every smile — aligners are changing the way kids experience orthodontics.