



IN THE SPIRIT OF PURIM WE PRESENT: A COLORFUL SMILE

BY DR ELIYAHU SIMCHA GHERMAN

One of the hardest parts about braces - but also the most fun - is choosing colors that go around the braces; it can be daunting, as they will stay on for some time until your next appointment, but it sure is fun!

My daughters realized that one of the benefits of having your father as your orthodontist is that he can change your color ties [around braces] every night to match your outfit. I must have been in a really good mood because I actually agreed to this; however, after three days I said to them: "Sorry, guys, but you're either going to have to wear the same outfit every day, or be like everyone else."



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After 20 years, I've found there to be two types of patients:

1. THE CREATURE OF HABIT:

Always the same color no matter what! You won't convince him to change the color, it must be something to do with his previous gilgul.

2. THE INDECISIVE PATIENT:

Often very artistic and fun, the order has to be precise and the placement perfect. Watch out - things can get out of control. I once had a patient change their mind 23 times! By the time they were done choosing their color, the office was ready to close. In the end, the patient chose.....clear! If you think that this describes you, you need to ask for a sheet of colors the week before and then you take the entire week to decide.

HOW DO YOU KNOW WHICH COLOR BRACES TO GET?

If you're not sure, not to worry, you can ask an **expert color coordinator**: They'll take into consideration your skin tones, color of your hair, color of your eyes (for example, brown eyes go well with dark blue, and green eyes look nice with red, orange and purple). *Chagim* can be a factor (my daughter did the ten *makos* for Pesach), or perhaps the *parashat hashavua* (rainbow is a favorite for Noach). For boys with lighter skin tones, darker colors may complement you best, such as bronze, dark red, or even silver. Boys with darker skin look nice with brighter colors, such as deep green or turquoise. For girls, pastel colors are a great way to enhance your smile with a soft feminine look. Sounds too exotic? Then go for a subtle look - silver or gray - which will blend in with the metal brackets.

Most important: Have fun and don't be afraid to experiment with your colors. You can change them every appointment. On a final note, globally, there are likely more than ten million people with braces. If everyone chooses nice bright colors imagine how bright our world would be. So at least in Adar have some fun and light up the world.

This article is completely non-scientific, nor is it based on any research, but it sure was fun to write!!!!

PURIM SAMEACH!!

Dr. Eliyahu Gherman's main office is located in Ramat Bet Shemesh-A, Nachal Tamar 1 (02-992-3363, simchabraces@gmail.com). He also works in Rechavia (02-561-9780). We are always looking for the most comfortable, fastest and ideal way to give you a healthy and beautiful smile.