

Braces

By Ella Kennedy, grade 7

“Susie, time to get up for school.”

“Coming Mom. I will be down in 7 minutes.”

Hi my name is Susie and I am 12 years old. My life is pretty normal. I have twin brothers, Josh and Nathen who are both 6 and I love playing basketball. My old school only went to grade 6 so I am at a brand new school called Maple Oak Jr.High.

“Susie, get down here now or you’ll be late for school!”

“Sorry Mom, Coming.”

Well I better get back downstairs before mom gets really mad.

“Nathen give it back.”

“Ha ha Josh! I will never give it back.”

“Mom, Nathen stole my monster truck and won’t give it back!”

“Boys if you don’t work this out, no one will get the monster truck.”

I can tell by Mom’s tone that she is not very happy with how Josh and Nathen are acting. Little brothers can be so annoying sometimes. It's like one minute they’re smiling and the next they're screaming their heads off.

“Mom, where's dad?” I ask.

“Oh he already left for work before you got up.” Mom responds

“Ok.”

Dad is a Lawyer and mom is a scientist but she sometimes works from home instead of her lab.

“Susie hurry up and eat, the bus will be leaving soon and if you miss it you'll have to walk. I have to go into work today so I won’t be able to drive you.”

I quickly chomp down some toast and orange juice and run upstairs to grab my homework.

“Honey just remember you're getting your braces on today after school so I will pick you up instead of you taking the bus home.”

“Ok Mom. I am sooo excited,” I say sarcastically.

Yeah I have to get braces and I am not looking forward to it. Some of my friends had them but I will be the only kid in my class that has them now. I have been told that braces are not as bad as they seem. I want to believe that, but I can't. How can braces be good? It seems literally impossible. Ok I better run because it is a long walk if you miss the bus.

“Susie over here,” Violet calls out.

“Ok coming,” I reply

Violet is my best friend. We have been friends since kindergarten and moved to Maple Oak Jr. High together. Most of my classmates at Maplewood Elementary (our old school) went to the private school a bit farther away called Riverstone Academy in Riverstone. But Violet and I went to the closest school to Maple (Our neighborhood).

“Ugg, Guess what Violet. I have to get braces after school today and I am so not excited.”

“Oof. That must really suck. I sure am happy that I have never gotten braces and am not getting them any time soon.”

“You are so lucky that you don't need braces.” I say, a bit jealous.

“Yeah, I guess.”

Personally I think Violet has a great life. I mean she doesn't need braces, has an awesome older sister who is 15 and in grade 10. And Violet has the cutest little bunny named Clover. They got her on Saint Patrick's Day two and a half years ago. But with me I need braces, have **two** brothers, and can't get any pets because Josh is allergic to animals with fur and feathers. And Nathen is allergic to reptiles so that leaves me with no hope for a pet.

Brrrrring!

“Well there's the bell Susie. We should probably head to our homeroom classes now.”

“Ok Violet. See you in gym class.” I responded.

Sadly Violet and I aren't in the same homeroom class because there are two of them for the grade 7 and 8 class. But we are together for science, art, gym, math, and lunch which is pretty much all the rest of our classes.

“Ok class please take out your silent reading books. We will be reading until your gym.” Says Mr. Bush.

I take out my book and start reading. Mr. Bush is my homeroom teacher, also probably one of my favorites. About 15 minutes later Mr. Bush asks us to line up for gym class.

“Ok class it is time to line up for gym. Please do so quietly.”

“Hi Rebeca, I have to get braces after school today, and it sucks.” I tell Rebeca.

“Oh, I remember when I needed braces. They aren't the absolute worst but the first week your mouth will be pretty sore and you will only be able to eat soft foods.” Rebeca responded, pulling me into the line.

Rebeca is one of my friends as well as Violets and she has had braces before. Violet and I met Rebeca in the summer at a park close by here and found out that she was going to Maple Oak Jr. High as well.

“Let's start off with doing some laps around the gym and then we will do our work out.” Ms. Quaker says.

The whole class responds with “BOO.”

The rest of the day flies by quickly. I had math after gym, then science, followed by lunch, and after that we went back to homeroom to have social studies. And finally the day ended with art.

“Please pack up your things to get ready to go home.” Mrs. Craft asks us.

Brrrrring

Well there's the bell to let us go home but also the bell that means braces.

"Bye Violet, bye Rebeca see you at school tomorrow."

"Bye Susie, have fun getting braces on." replies Violet.

"Bye Susie" says Rabeca.

Well looks like Mom is here in her blue car on time as always. It seems like whenever mom picks me up from school she is always on time.

"Hey sweetie, how was school?" Mom asks.

"It was good. Pretty much the same as always." I answer. "How long is the drive to the orthodontist?"

"About 18 minutes, why?"

"I just want to know how long until my mouth will suffer from the pain of braces."

"Susie, I know braces seem like they are going to ruin your life but I am sure they won't be that bad."

"But Mom, you have never had braces so how do you know what they'll be like?"

"Well my best friend had them, so I have an idea of what braces are like. And I don't think they will be that bad Susie." Mom says just pulling into the parking lot of the Orthodontist. "Well honey, we're here."

"Ugggggg." I replied

I would say the only good thing about going to the Orthodontist is that the people at the front desk always give me a water bottle sticker at the end of the appointment. And I guess they're kinda nice. But the point is that braces are going to ruin my life. P.E.R.I.O.D.

"Hello Susie, are you excited to get your braces on today."

The woman at the front desk asked me. I think her name is Clarie, but I am supposed to call her Dr. Clarie?

"Yup, super excited," I say sarcastically.

Mom butts in "Susie is worried that braces are going to ruin her life because of the pain in her mouth."

“Oh Susie, you have nothing to worry about. Even though braces seem horrible they are not that bad.” Dr. Clarie says. “Follow me to the office where I will put on your braces.”

“How long will this take?” I ask.

“About 20 minutes to put on the braces and we will have a 10 minute talk afterwards on how to clean your braces and what foods you can and can’t eat,” Dr. Clarie responds.

I climb into the chair of doom and try to get comfortable but the chair is lumpy and very uncomfortable so it's hard. Then beside me on the little desk that has all of the dental supplies are my braces. Surprisingly they are not that big and actually sorta cute but like the saying goes “small but mighty” I know those braces are not going to go easy on me.

“Okay Susie, I’m gonna need you to lie down and open your mouth as big as you can so there will be space for me to see your teeth and apply your braces.”

“Okay, I will try to open it as big as possible.”

Dr. Clarie starts by cleaning my teeth with all this weird stuff that has a mint taste to it. BLEHH. After that she gets the glue out and starts to apply it to my teeth. Then it is time for the braces to go on.

“Okay Susie, I am going to put on your braces now,” says Dr. Clarie.

I give a thumbs up and close my eyes to try and think about anything else other than the fact that braces are being put on my teeth at this exact moment. I don’t feel anything when she is putting on my braces but there is this weird taste, which I think is just the glue on my teeth. About 17 minutes later Dr. Clarie was done.

“All right Susie, we’re done here,” Dr. Clarie says. “It will feel weird at first but you'll get used to it.”

“Okay,” I reply.

When I first had to get my lip over the braces it felt so strange but it doesn't hurt yet...

Mom goes to the front desk to book an appointment to get my braces tightened, and the woman at the front desk hands her a sticker for me. It is a smiley face with braces and on the top it says "Keep Smiling". I guess the smiley face is a bit cute but why, just why.

"Mom, my mouth feels so weird and dry, it's uncomfortable," I mumble. "I'm sure you'll get used to it Susie," Mom says.

"Okay Susie and Mom. Why don't you take a seat here and we can have a chat on what foods are good and bad to eat," Dr. Clarie says pointing to 2 chairs."

"That sounds great." Mom says in her kind happy voice.

I grab a seat hoping that I will still be allowed to eat chips and candy.

"Okay. The foods that you can and can't eat are pretty simple." Dr. Clarie says. "Caramel, and sticky food like gum are not good to eat, as well as popcorn. Be careful when you are eating hard foods because they could break a bracket. And I think that is all. We will give you a list of specific foods that you can't eat. Any questions?"

This was the one question that kept me up all night and got me distracted in class...

"Can I still eat chips?"

"Oh, this is a question many kids wonder about with all the foods that shouldn't be eaten. Yes you can still eat chips!"

YES this is like the only actual good thing about braces. I CAN EAT CHIPS!!!

"YAY!"

I think I screamed a little too loud because the other patients gave me weird looks and the old grumbly man in the corner of the room said “Shush”. He was probably here for his grandchild or something.

Maybe just maybe braces won’t be so bad but
“Mom, the back of my mouth is starting to hurt like a lot.”

“Oh no. I know it's dinner time but would you like to stop for some ice cream on the way home?”

“Yes please!”