



Quail Call

Published by the Lake San Marcos
Community Association
"BUILDING A BETTER COMMUNITY"

June/July 2026

The Quail Call is a monthly publication of the Lake San Marcos Community Association

The Quail Call accepts advertisements from local businesses who wish to use a low-cost highly-targeted publication to reach their customers.

Email: quailcall@lsmca.com for information.

Copies of the printed Quail Call are mailed to all members of the Association and include articles of past and present activities from local clubs and organizations in addition to the advertisements.

The Community Association also publishes articles of special interest to its members in health, civic activities and learning.



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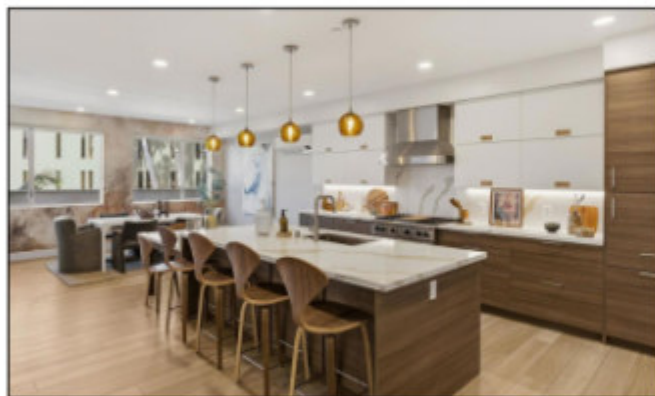
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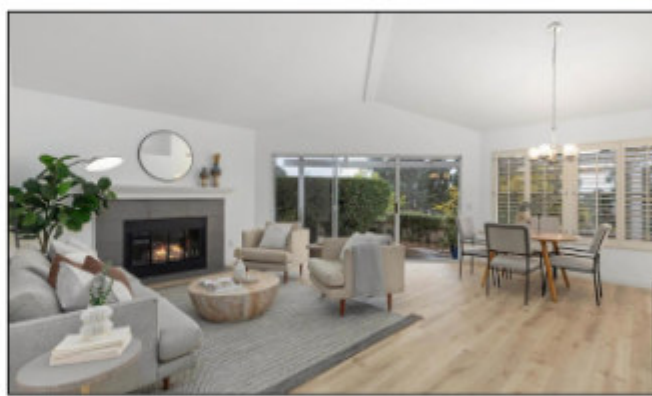
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June Blog: Smart Summer Smiles

Why Break Time Is Perfect for Wisdom Teeth Removal 🦷🦷

Hey Lake View!

June is here, and that means school's out, schedules are lighter, and summer fun is just getting started! 🦷🦷 For many families, this time of year is all about vacations, relaxation, and catching up on things that are hard to fit in during the busy school year.

It's also the perfect opportunity to take care of something important for your teen's health: wisdom teeth removal.

Why Summer Is the Best Time for Wisdom Teeth Removal

With fewer school and activity commitments, summer break gives teens the time they need to rest and recover comfortably. Here's why so many families choose this season:

- No missed school 📅
- Recovery typically takes a few days, making summer the ideal time to avoid falling behind in classes.
- Easier healing time 🦷
- A relaxed schedule means your teen can properly rest without rushing back to sports, practices, or events.
- Start the school year pain-free 😊
- Taking care of wisdom teeth early can prevent discomfort, swelling, or unexpected dental issues later on.

Signs It Might Be Time to Check Wisdom Teeth

Not every patient needs immediate removal, but here are a few signs it's worth evaluating:

- Jaw pain or soreness
- Swollen or tender gums
- Difficulty opening the mouth
- Crowding or shifting teeth

Even without symptoms, a quick evaluation can help determine the best timing.

Tips for a Smooth Recovery 🦷

If your child is scheduled for wisdom teeth removal, a little preparation goes a long way:

- Stock up on soft foods like yogurt, smoothies, and soup 🥣
- Encourage plenty of rest for the first few days
- Follow all post-op instructions carefully
- Keep hydration a priority 💧

Make the Most of Summer Smiles 🦷🦷

Summer is all about fresh starts and feeling your best. Taking care of wisdom teeth now can help your teen enjoy the rest of the season comfortably, and head into the new school year with a healthy, confident smile.

If you've been considering wisdom teeth removal, now is a great time to schedule a consultation. We're here to help every step of the way!

Here's to a safe, fun, and healthy summer! 🦷🦷

Credits:

American Association of Oral and Maxillofacial Surgeons (AAOMS) – Wisdom Teeth Management

<https://myoms.org/what-we-do/wisdom-teeth-management/>

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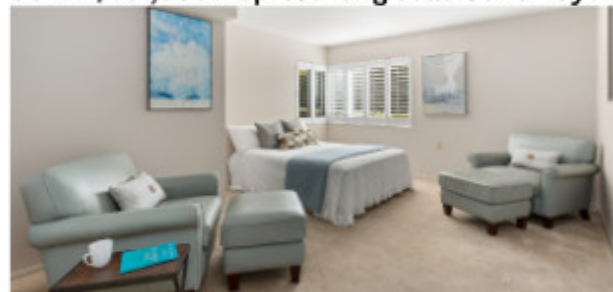
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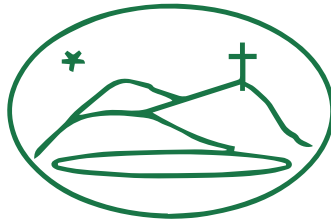
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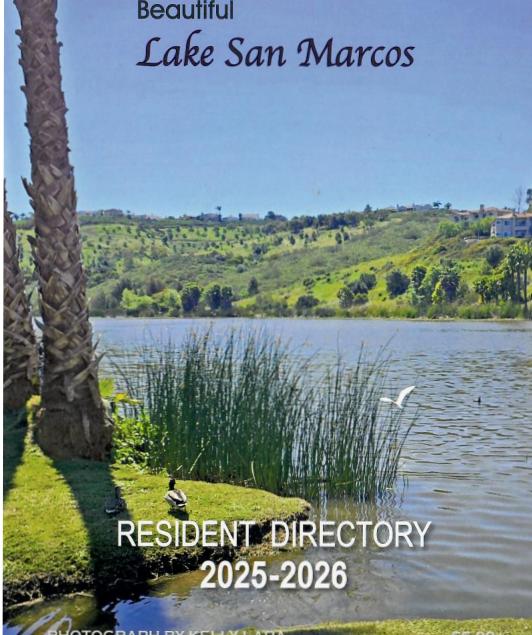
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Quail Call

alphagraphics

June/July 2026 | Volume 22, Issue 6

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Ken Seals, Team Member & Photography
Matt Marshall, Photography

This Month's Editor



Barb Dove

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