

## **Foods to stay away from while you are wearing your braces!**

### **BRUSHING:**

*You will notice that it requires more time to keep your teeth clean with the braces. Food tends to get stuck in the brackets and between your teeth, and can only be removed by brushing and flossing. Floss every day. In order to get the floss under your wires, use floss threaders. If plaque remains on the teeth for any length of time, it will leave a permanent white scar on the surface. Brushing after meals should become part of your daily schedule.*

### **EATING HABITS:**

*A healthy diet means a healthy body, healthy teeth, and a better result for your orthodontia. Please do not eat hard foods: nuts, ice, crispy taco shells, whole apples and carrots (cut them into pieces first), hard French bread crust and rolls, spareribs, corn on the cob (cut the corn off the cob before eating), and popcorn. These foods risk breaking brackets and wires. Also beware of nail biting and pen or pencil chewing habits since these can damage your braces. Do not eat sticky foods: taffy, caramels, bubble gum, and sticky candy of any sort. A small piece of sugarless gum occasionally is acceptable. Use common sense about most foods.*

### **FOODS TO AVOID WHILE WEARING YOUR BRACES:**

- *Gummy Bears*
- *Chewing Cracked Ice*
- *Chewing Hard Bread Crust*
- *Hard Pretzels*
- *Hard Pizza Crust*
- *Apples (unless peeled and cut into bite sized pieces)*
- *Carrots ( unless cut into strips)*
- *Popcorn*
- *Frozen Candy Bars*
- *Nuts*
- *Hard Candies*
- *Sticky Candies*
- *Meat on the Bone*
- *Beef Jerky*
- *Celery*
- *Granola Bars*
- *Corn on the Cob*
- *Bubble Gum*
- *Tootsie Rolls/Bit-o-Honey*
- *Crunchy Chips*

### **The Patients responsibility**

*For best results, please follow these instructions and keep your appointments.*

- *See your dentist every 6 months*
- *Brush your teeth after every meal.*
- *AVOID eating sweets between meals unless the teeth can be cleaned immediately thereafter.*
- *AVOID chewing ice, hard or sticky candy, gum, and popcorn, playing with or dislodging appliances. AVOID rough play where you could receive a blow to the face or could catch the appliances upon your clothing and dislodging or breaking them.*

***Please notify the office IMMEDIATELY if the appliances are loose, lost or broken***