

ORTHODONTIC DIET CHART

Foods that cannot be cleaned off the braces may lead to discoloration and decay of your teeth. Even though our braces and wires are metal, they are fragile and are usually damaged by eating the wrong foods, thus taking us longer to finish your treatment and sometimes leading to compromised results.

Absolutely NO

Sticky Foods	caramels toffee	salt water taffy licorice	candy apples Tootsie rolls	gummy bears anything sticky!
Hard Foods	hard candy popcorn	nuts corn on the cob	pretzels ice (even to suck)	pizza crust

Any and all bulky foods (vegetables, subs, steak, chicken, etc) are cut into small pieces. Anything still hard, even in a small piece, should not be eaten.

DO NOT CHEW ON PENS, PENCILS OR FINGERNAILS!

Remember, too many broken appliances will hurt your treatment!

PRACTICAL SOLUTIONS TO BRACE PROBLEMS

Problem

Home Solution

Loose Band
Or Bracket

If band or bracket is still attached to wire, leave it in place. If it is uncomfortable, place wax on it, or if you think you can, unhook it from the wire. If it comes out completely, bring it to your next appointment.

Loose Wire

Try to place the wire back in place either with your fingers or tweezers. If that is not possible, clip the wire with nail clippers right behind the last tooth with a brace on it. If any discomfort results from poking, place either wax or already chewed gum (only sugarless) on it.

Poking Wire

Try to push the wire in with a spoon or eraser, or if not possible, Place wax or chewed gum on it as a cushion.

Lost Elastic Tie

No big deal, let us know at the next visit.