

Orthodontic Care Instruction

Eating proper foods and minimizing sugar intake are essential during orthodontic treatment. Your braces are precise appliances that can be damaged by eating and chewing hard or sticky foods. Eating certain foods will loosen brackets, however you may not discover the problem until hours or days later. Detached brackets and bent wires can increase treatment time and may result in additional treatment time and fees. Lost brackets may result in charge of \$20 per bracket.

Things to Remember:

- Brush your teeth immediately after eating foods or drinks that have high sugar content. If you cannot brush your teeth, rinse your mouth with water.
- Whole fruits and vegetables should be cooked or cut into small pieces and eaten carefully. (Cut corn off cob, cut apples into slices, etc.)
- Any meat that is cooked on the bone should be pulled off and eaten.
- Pizza crusts and bagels can be eaten if they are cut into pieces and chewed carefully.

Things to Avoid:

Hard pretzels

Nuts

Caramel

Potato chips

Beef jerky

Soda or other sugary drinks

Hard rolls

Ice/Rocks

Popcorn

Pizza crust

Raw vegetables

Ribs/chicken wings

Any hard or sticky candy (suckers, chewing gum, etc.)

Do not chew on pens, pencils, bottle caps or open things with your teeth

Use common sense when choosing foods; if it is hard, sticky or feels like it may damage your braces, it is best to avoid it and choose something else to eat.