



EATING WITH YOUR ORTHODONTIC APPLIANCES

Excellent orthodontic care is a team effort. We ask your cooperation in avoiding certain types of foods and modifying other foods that can damage orthodontic appliances, bend wires and break the brackets off the teeth. Our bonding materials are strong to pressures and tension but will break when twisted or snapped by other teeth coming together in a hard crunch. This could lead to extended treatment time and increased costs, a situation we all want to avoid. We have created a list of general foods to give you an idea on what to avoid. It is not an all inclusive list. Please use your best judgment as we can't list every sticky, chewy or hard candy/food.

FOODS TO AVOID DURING BRACES

Jaw Breakers
Chewing Ice Cubes
Hard Nuts
Beef Jerky
Hard Candy
Hard Toast, Crusts, Bagels
Caramels, Taffy and Sticky Foods
Skittles, Starbursts, Fruit Roll-ups, Licorice, Ect.

FOODS TO MODIFY DURING BRACES

Apples - cut into thin slices
Corn on the Cob - cut off the cob before eating
Popcorn - eat only the soft white pieces, no hulls or seeds
Raw Carrots - cut into slices
Pizza - cut the hard crust into small bites
Chips and Taco Shells - break into small bites

OTHER THINGS TO AVOID

Biting fingernails
Chewing on pens and pencils
Picking at the braces with fingers and other objects