
CONGRATULATIONS

You are very fortunate in having parents who are willing to give you the benefit of orthodontic treatment. They have done their part and now the rest is up to you and us.

FOODS

Now that your orthodontic appliances are on please be sure that you avoid the following foods during the course of your treatment:

HARD FOODS may do damage by bending wires, loosening cement under the bands or breaking the little brackets and tubes which are attached.

STICKY FOODS damage appliances by bending wires and pulling cement loose.

FOODS HIGH IN SUGAR CONTENT should be avoided whenever possible. If you do eat any of them, brush your teeth immediately. If not convenient to brush, then always rinse your mouth with clear water after eating very sweet foods such as cake or pie.

DON'T EAT (not even if your careful)

- Popcorn
- Nuts
- Pretzels
- Ice cubes
- Chewy candy bars
- Peanut brittle
- Doritos
- Corn chips
- Ringolos
- Hard or sticky candies
- Taffy
- Gum
- Ju jubes
- Caramels
- Skittles
- Licorice
- Gushers
- Gummy bears
- Fruit by the foot
- Wine gums
- Fruitella

MAYBE (if you cut into small pieces or wedges)

- Apples
- Raw broccoli or cauliflower
- Carrots
- Pizza crust
- Crusty bread
- Bagels
- Pitted fruit
- Ribs and Chicken -cut off the bone

In addition we recommend that the habits such as, **chewing on pens and pencils, opening bottle caps and removing gloves with teeth are to be avoided.**