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FOODS TO AVOID EATING

Foods that cannot be cleaned off of the braces may lead to discoloration and decay of your teeth. Even though your braces and wires are metal, they are still at risk of being damaged by eating the wrong foods. This can result in a longer treatment time.

Generally, soft foods that are cut into small pieces are manageable with braces. Avoid biting into apples, sourdough bread, pizza crust, bagels, and anything else that might cause the braces to break off of the teeth.

ABSOLUTELY NO:

STICKY FOODS: Caramels – Caramel Apples – Toffee – Licorice – Gummy Bears – Now & Laters – Starbursts - Sugar Daddies – Sugar Babies – Tootsie Rolls

HARD FOODS: Apples or Carrots (unless cut into small pieces) – Nuts – Popcorn – Hard Candy – Corn on the Cob – Bagels – Pizza Crusts – Jerky – Hard Pretzels – Ice – Doritos

EAT MUCH LESS: Candy – Ice Cream – Cookies – Cake – Pie – Foods with Sugar

DRINK MUCH LESS: Soda Pop – Drinks with Sugar

Avoid Chewing on Pens, Pencils and Fingernails

You may be able to solve a few unexpected issues temporarily by yourself until you schedule a repair appointment with our office. These problems need not cause discomfort or delay in your treatment.

PROBLEM

Loose band or Bracket-

Loose Wire-

Poking Wire-

Lost tie wire or plastic tie-
Soreness

Loose Appliance

SOLUTION

-If band or bracket is still attached to wire, leave it in place. If uncomfortable, place wax on it. If it comes out completely, wrap bracket in tissue and save for next visit.

-Try to place the wire back in place with tweezers. If that is not possible, clip wire with fingernail clippers behind last tooth to which it is securely fastened. If there is any discomfort, place wax on it.

-Try to push sticking wire down with spoon or eraser. If this is not possible, try placing wax on it.

-Notify us at your next visit

-Use warm salt water rinse or Tylenol/Ibuprofen

-If appliance is sticking or poking, try placing wax on it.

If you think you are unable to handle a problem on your own, please call us as soon as possible!