



Dr. Waters

For more information, please visit:

www.drwatersbraces.com

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Foods to Avoid

in Orthodontic treatment

A careful Orthodontic patient can go through their treatment without any problems. However, the following types of food may cause trouble, as may other foods. Broken brackets and appliances reduce the effectiveness of the braces, causing treatment to take longer. Use common sense, or if you are in doubt, ask us about some foods you enjoy eating.

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 them, brush your teeth immediately. If not convenient to brush, then always rinse your mouth with clear water after eating sugary foods.

Avoid Eating:

- Popcorn
- Ice (even the chewy kind!)
- Nuts
- Corn-on-the-cobb (but you can cut it off of the cobb!)
- Corn chips, hard taco (however, if you soak the chips in your mouth it is ok)
- Taffy, caramels, gummy bears, anything chewy, etc.
- Lifesavers, jolly ranchers, and other hard candy
- NO BUBBLE GUM! (not even sugar free)
- Hard Pizza crust
- Also avoid chewing on pens, pencils, and finger nails

Soft Foods are Better:

- Yogurt, eggs, grits, and toast
- Bananas, oranges, and apples (cut into small pieces)
- Pizza, soft tacos, sandwiches (cut into little pieces)
- Baked or mashed potatoes
- Pastas and soups
- Chicken (cut into pieces)
- Rice

REMEMBER ☺ NO GUM, NO POPCORN & NO ICE!

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