

Food & Care Guidelines

During orthodontic treatment it is important to be careful with the foods you eat. Certain foods can cause loose bands, broken brackets or bent arch wires, all of which can cause a delay in treatment. The list below is designed for your benefit to prevent your braces from breaking and protect your teeth from decay. Just because it is not on the list, doesn't mean you should eat it.

Please don't eat

Hard Foods: nuts, ice, crisp taco shells, Doritos, pretzels, pop corn, beef jerky, foods with bones such as ribs or wings. Chew pizza crust, bagels and French bread very carefully, do not bite down completely. Raw Fruits and Vegetables are important in any diet however, do not eat unless cooked or cut into small pieces. Cut corn off the cob before eating.

Sticky foods, sugarless or otherwise: these are guaranteed to cause cavities and will cause damage to braces if you happen to bite down. Avoid gum, caramels, sugar daddies, starbursts, caramel apples, sugar babies, licorice, toffee, tootsie rolls, jolly ranchers, jaw breakers, lolly-pops, etc.

Please minimize your sugar intake:

Eat less candy, ice cream, soda or drinks with sugar, cakes cookies and pie.

Check your braces occasionally for anything loose or bent. If a brace becomes loose or your break a wire, please call our office so we can arrange a long enough appointment to repair it. Be as specific as possible with the receptionist. If you lose your rubber bands, call so we can mail you more or drop by the office and pick some up.

Brushing

You will notice it is much harder to keep your teeth clean with braces. Food collects around the braces and between your teeth and can only be removed by brushing and flossing. If plaque remains on the teeth for any length of time, it will leave a permanent white scar on the tooth surface. Brushing after meals should become part of your daily routine.

Sore Teeth

After braces are placed and after your monthly adjustment appointments, it is normal for the teeth to be sore for 1-3 days. Tylenol or Advil will help relieve this discomfort. Some irritation to the cheeks and lips is normal. We will provide wax for this. If you feel anything sharp poking you or any sores develop, please call our office.