

BRACE WATCHERS DIET

Our goal is to provide you with a beautiful smile. This can only be accomplished if the braces stay attached to your teeth. We do not want to interfere with your nutritional intake, but we do ask that you watch the types of foods you eat. SOME TYPES OF FOODS ARE CAPABLE OF BREAKING YOUR BANDS OR BRACKETS, BENDING YOUR WIRES, AND BREAKING THE CEMENT UNDER YOUR BANDS OR BRACKETS. ALL OF THESE WILL PROLONG YOUR TREATMENT TIME.

A CAREFUL PATIENT CAN EAT NUTRITIONALLY BALANCED DIET AND DO NO HARM TO THEIR BRACES. We hope that you will strive to be this type of patient. The foods listed below are the ones that we have found to be the most common causes of loose bands, brackets and broken appliances.

HARD FOODS

Ice (NO crunching!)

Hard edges of Pizza

Crisp French Fries

Hard Corn Chips (Remember: NO "...toes" - Doritos, Cheetos, Fritos)

Corn-On-The-Cob (May be eaten if you slice it off the cob)

Ribs (May be eaten if meat is removed from the bone)

Hard Candy

Peppermint Sticks

Carrots and Apples

ALL Nuts

Popcorn



STICKY & CHEWY FOODS

Caramels

Taffy

Gum (Not even FREEDENT)

Now and Later

Jolly Ranchers

Milky Way Bars

Slow Poke suckers

Sugar Daddys

Marathon Bars

SWEET FOODS

Although they may not cause damage to your appliances, care should be taken to brush your teeth immediately after eating very sweet foods, If you cannot brush, at least rinse your mouth out with clear water.

Cake

Candy

Pies

Ice Cream Cookies

Sweet Drinks (Sodas, Lemonade, etc.)

Certain foods can be eaten if they are served in a special way. Whole fruits and vegetables such as apples and carrots should be sliced and eaten carefully. Hard, crusty breads should be broken and eaten in small pieces. THIN potato chips are allowed if eaten carefully. Please exercise caution in your selection of food. In general, keep pencils, fingertips, etc. out of your mouth. Do not suck lemons or limes.

Be a good "Brace Watcher". PLEASE NOTIFY OUR OFFICE if your appliances or braces become loose or broken in order that we might minimize prolonged treatment time. WE SCHEDULE REPAIR APPOINTMENTS ONLY AT CERTAIN TIMES OF THE DAY!

Brushing is important at ALL times... but especially now that you have braces. Work hard to keep your braces just as shiny as the day they were placed. Then when treatment is complete and your braces are removed, you will be proud of your smile...because a SMILE IS FOREVER!!!