

FOODS TO AVOID

OK, here's the story. Orthodontists attach braes to your teeth with a small amount of cement. This cement is designed to hold the brackets and bands against your teeth during normal orthodontic treatment, and when it's time to remove the braces, is easily removed from your teeth without leaving any permanent marks. It doesn't take much force to remove or "break" the braces off your teeth. That's good because it allows for easy removal when the time is right. However, it's also bad for you because any heavy force put on your braces could break them off and extend the treatment time.

Hard and sticky foods will break off brackets, bend wires and loosen bands, which, in turn, will extend your treatment time. Foods high in sugar content could cause cavities, calculus build up, and ugly stains on your teeth..

So what can you do? Well, you must limit your diet to softer and healthier foods. There are certain types of food that need to be avoided while wearing braces.

AVOID EATING THESE THINGS:

Hard Foods:

Anything that is hard cannot be chewed with braces on. Remember, braces are fragile, and strong forces from hard foods will break them off. Damaged appliances will extend treatment time. Extended treatment time will increase the risk of cavities and stains on your teeth.

Sticky Foods:

Braces can be pulled apart with sticky foods. Again, this could extend your treatment time.

Anything High In Sugar:

Braces make it harder to keep your teeth clean. Sugar will feed the bacteria that cause cavities. If you do not eat any foods high in sugar, brush your teeth immediately.

EXAMPLES OF WHAT TO AVOID

Ice	Peanut Brittle	Hard Pizza	Crust	Corn on the Cob
Popcorn	Hard Pretzels	Raw Carrots	Suckers	Hard Rolls/Bagels
Ribs	Bubble Gum	Caramel Candy	Beef Jerkey	Gummy Bears
Hard Candy	Sugar Daddies	Doritoes	Corn Chips	Hard Tacos
Tootsie Rolls	Now & Laters	Starbursts	Toffee	Licorice