

For most situations, common sense will tell you what to avoid. Hard foods, sticky foods and foods high in sugar must be avoided. Hard foods can break or damage wires and brackets. Sticky foods can get caught between brackets and wires. Minimize sugary foods; they cause tooth decay and related problems. Nail biting, pencil and pen chewing and chewing on foreign objects should be avoided.

Examples of Sticky Foods to Avoid:

- Gum (sugar-free or regular)
- Licorice
- Toffee
- Caramels

Examples of Hard Foods to Avoid:

- Ice
- Nuts
- Hard taco shells
- French bread crust/rolls
- Corn on the cob
- Apples and carrots (unless cut into small pieces)
- Bagels
- Chips
- Jolly Ranchers
- Pizza crust
- Uncooked carrots (unless cut)

Minimize Sugary Foods like:

- Cakes
- Ice Cream
- Cookies
- Candy

Only Once a Day (brush after consuming!):

- Sweetened tea
- Drinks with sugar

It's important to regularly check your braces for bent or loose wires and brackets. In the event of a loose/broken wire or bracket, call our office immediately to arrange an appointment for repair.