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## **FOODS & HABITS TO AVOID**

While you are wearing braces (brackets in the front of the front and bands in the back), it is advisable to avoid certain types of foods. Here are some of the types:

### **HARD FOODS      FOODS HIGH IN SUGAR CONTENT      STICKY FOODS      CRUNCHY FOODS**

1. **Hard Foods** may do damage by bending wires, loosening the cement under the bands, or breaking the brackets that are attached to the teeth.
2. **Sticky Foods** can loosen bands and pull the wire out of the slot -chewy candies, etc.
3. **Foods High in Sugar Content** cause plaque and can also cause cavities -cookies, cakes & sodas.
4. **Crunchy Foods** can knock off the brackets or cause them to become loosened.

Some foods of this type are listed below along with some ways that they may be eaten practically.

Raw Vegetables (carrots, celery, etc).....Cut into thin slices or curls  
Fruits (apples, pears, etc).....Always cut into thin wedges  
Corn on the Cob.....Cut the corn kernels off of the cob before eating  
French Breads, Bagels, Pizza.....Tear or cut into small pieces and be very careful

### **DO NOT EAT OR CHEW THE FOLLOWING UNDER ANY CIRCUMSTANCES**

<b>Popcorn</b>	<b>Gum, even sugarless</b>	<b>Beef jerky</b>	<b>Soda</b>	<b>Corn on the cob</b>	<b>All chewy candy</b>
Potato chips	Doritos, Fritos, Cheetoos	Nuts, Corn nuts	All hard candy	Peanuts	Chocolate chips
<b>Tacos or taquitos with hard shells</b>	<b>Fried chicken skin</b>	<b>Meat not cut away from the bone</b>			
Crunchy Cereal (unless you make it soggy & soft)	French Fries	Granola	Dry Cookies	Crackers/Goldfish	

*Common Sense –If you are not sure and it's not listed above, then don't eat it.*

**CHEWING ICE CUBES. PENS. PENCILS, PLASTIC BOTTLE CAPS AND FINGER NAILS IS NOT ALLOWED.**

**For the 1<sup>st</sup> day: please avoid hot soup.**

In spite of all of your care, you may damage your appliances by accident. If you do notice a loose or broken bracket, band, wire or if something comes out please call the office so that we may schedule you extra time to repair it. Save the bracket or band, and bring it with you to the office. If you have a broken wire or a wire is poking out, you may place wax over it or use a clean nail clipper to cut it. Wires tend to elongate as the teeth are leveled and aligned (straightened).

Brushing and flossing are very important. You should brush your teeth and appliances (inside & out) for at least 5 minutes. Your appliances should always be shiny and clean. Do not leave any food near your braces, especially white starchy foods.

Poor oral hygiene can lead to red, swollen and infected gum tissue. This tissue may grow over the bands and brackets. If this should happen, then wires may be removed by the doctor and the orthodontic treatment would not start again until the gum condition improves, and/or the overgrown gums may need to be surgically removed after braces are removed. I have read and understand the above.

\_\_\_\_\_  
Patient

\_\_\_\_\_  
Date

\_\_\_\_\_  
Responsible Party (if not the patient)

\_\_\_\_\_  
Date