

NOW THAT YOU HAVE BRACES

We will never ask you to starve. We only ask that you limit your diet while wearing appliances. We ask that you think before you eat.

Suggestions:

Soups, spaghetti, cooked vegetables, boiled hot dogs, hamburgers, tuna, eggs, jello pudding, fruit salad.

Goosey, sticky foods and hard, chewy foods damage braces. They bend, mangle, tangle, distort, loosen, you name it. You may “get away” with a few mischievous snacks, but this is the exception. Often a bracket will break and you won’t know it. Broken appliances don’t work for you. They could even push teeth in wrong directions. Better to be safe.

Foods to avoid always:

Gum, caramel, taffy, candy apples, lollipops, starbursts, now & laters, marathon bar candy canes, hard nuts, pizza crust, tortilla chips.
Sorry folks, no bagels...unless you chop in to bits

Use good judgment!

Breakage:

Playing with appliances with tongue, fingers, pencils, pens and other fiddling can result in broken brackets, bent wires, etc. Don’t play with the braces!

Repairing damage takes time and money. Your appointments are arranged for the progress of your treatment, not for repair. Each appointment spent fixing broken appliances could prolong treatment; weeks, even months! No kidding!
Please call if you notice anything broken!

Again, the importance of brushing:

Something few people know is this: the frequency of sugar in the mouth is more critical than the amount at one time. If you eat one candy every hour, you stimulate the digestive acids in the mouth every hour. These fluids also act as acid on the teeth. Better to have one delicious sweet snack-dessert, perhaps-than many small treats. Brush after every snack and meal. Sometimes this is inconvenient (so are dentures). Try to rinse out or brush quickly if nothing else.

A good way to avoid breakage is to cut food into small bits. Steaks, chops, veggies, fruit, slice into bite-size morsels.

Please ice cubes are like rocks. Do not chew on ices cubes

Suggestions

Soups

Spaghetti cooked vegetables
boiled hot dogs
hamburgers
tuna eggs jello pudding fruit salad

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marathon bar candy canes hard nuts pizza crust
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