

Instructions for Eating with Orthodontic Appliances

Our primary goal is to provide you with a beautiful smile, which can only be accomplished if your braces/appliances stay attached to your teeth!

We do not want to interfere with your nutritional intake, but it's very important for you to be aware of which foods you're eating since certain types of foods can cause damage to your braces. Such foods are capable of loosening or even breaking your bands/brackets, causing your wires to bend, or breaking the cement under your bands or brackets. Damage caused by eating the wrong foods will prolong treatment time, and therefore consuming such foods should be avoided at all costs.

A careful patient can eat a nutritionally balanced diet and cause no harm to his or her braces.

The foods listed below are those which we've found to be the most common cause of loose/broken bands or brackets, bent wires, and damage to the underlying cement:

Hard Foods – use care with these foods and cut large or hard to chew foods into smaller pieces.

Note: Avoid biting into these foods using your front teeth. Instead it's best to cut these foods into small bite size pieces and to chew using your back teeth.

- Steamed/cooked or raw veggies and apples (**These fruits can be eaten when cut into small, bite sized pieces.**)
- Corn on the cob (**Do not bite into this, and instead remove kernels from cob before eating.**)
- Ribs/bone-in chicken/meats (**Cut meat from the bone rather than biting directly into these foods.**)

Sticky, Crunchy, and Chewy Foods – AVOID THESE FOODS!

Note: It's best to avoid these treats completely during your treatment

- Caramels
- Gum
- Taffy
- Nuts (no nuts of any kind)
- Popcorn (kernels loosen bands and can get stuck in your gums)
- Brittle
- Corn nuts

- Candy bars (Avoid any w/ caramel, nuts, anything sticky and hard. You may have chocolate that can melt in your mouth)
- Hard candies (Jolly Ranchers, Starburst, suckers, etc.)
- Ice
- Hard/crunchy chips/crackers (Doritos, Fritos, Cheetos, but soft potato chips and puffs are okay)
- Beef jerky
- Hard pizza crust, overly toasted bread
- Pens/pencils

Be a good “brace watcher” and please call or email our office immediately if you notice your appliances have become loose or broken so that we can plan your next appointment accordingly.

Brushing is very important at all times, but especially now that you have braces. Work hard to keep your braces as clean and as intact as the day they were applied!