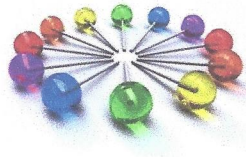


FOODS TO AVOID WHILE IN ORTHODONTIC TREATMENT

- Foods that are chewy, sticky and crunchy will cause damage to your braces or appliance and so should be carefully avoided.
- Brackets are only glued onto the surface of teeth. Biting into something hard or sticky can remove a bracket.
- Fixing and replacing broken parts can easily lengthen time spent in braces.
- Also, please avoid foods and drinks that are high in sugar, as these will cause white spots to form on the teeth beneath the braces and/or cause extensive decay.



Hard Foods to Avoid

- * hard candy
- * chips
- * popcorn
- * nuts
- * pizza crust
- * bagels
- * ice
- * pretzels
- * jerky
- * apples (unless sliced)
- * carrots (unless cut)
- * celery
- * similar items



Chewy and Sticky Foods to Avoid

- * gum
- * taffy
- * gummies
- * caramel apples
- * sticky candies
- * caramel
- * Tootsie rolls
- * licorice
- *similar Items

- Fruits and vegetables are important for good nutrition, but should be cooked or cut into small pieces.
- Please use these guidelines and good old fashioned common sense when choosing any foods and drinks.
- Also, please avoid chewing on pens, pencils, fingernails and the like.