

Congratulations on getting braces!!! With a little help from you, we will be able to make your orthodontic treatment an enjoyable and rewarding experience. Without your help, however, treatment time will be extended; your final result may not be as perfect as we have planned for it. Let's work together to assure that these things don't happen.

Foods to Avoid During Treatment

- **Bubble Gum**
- **Foreign Objects** (chewing on: pens, pencils, fingernails, straws)
- **Sticky and/or Hard Candy** (caramels, taffy, nuts, fruit chew candy)
- **Apples and Carrots** (don't bite into a whole one! Cut into small pieces first)
- **Hard Foods** (they're tough on braces, causing bending and breaking)
- **Hard Snacks** (corn chips, tacos, nachos, pretzels, and nuts)
- **Pizza crust/crusty breads** (Be careful! Cut or tear into pieces)
- **Corn on the Cob** (remove kernels from the cob, then enjoy!)
- **Popcorn** (Kernels are everywhere!)
- **Ice** (no crunching!!)
- **Sugary foods/drinks** (avoid these as much as possible; if you do eat them, brush your teeth within minutes or as soon as possible, or at least rinse your mouth with water)

Overall, please avoid food that might damage your braces or cause problems for your teeth! Thank you for your cooperation.