

Food and Braces

Steady as she goes, mate!

There are certain foods you should be aware can cause damage to your orthodontic appliances/braces. This includes wires, brackets, retainers and aligners. They tend to fall into one of three groups...hard, sticky, sweet.

Absolutely NO:

- Sticky: Gum, sugarless or otherwise (includes bubble gum)
Caramels, Caramelized Apples, Toffee, Licorice, Gummy Bears, Starbursts®
Now & Laters®, Sugar Daddies®, Sugar Babies®, Tootsie Rolls®
- Hard: Apples or carrots (unless cooked or cut into small pieces), Nuts, Popcorn,
Hard Candy, Corn on the Cob, Bagels, Pizza outside crusts, Jerky, Hard
Pretzels, Ice, Corn Chips (Doritos®, Fritos®, Tostitos®)

Proceed with caution:

- Sticky: Raisins and other dried fruit; Fruit leathers (Fruit Roll Ups®)
- Hard: Pizza crust bottoms

Minimize these in your diet

Eat much less: Candy, Ice Cream, Cookies, Cake, Pie, Foods with sugar

Drink much less: Colas/soda pop, fruit drinks with sugar, other drinks with sugar

Other habits:

Avoid chewing on pens, pencils, fingernails.

Generally, avoid tooth bleaching agents or tooth whitening toothpastes, in case they do too good a job and make part of the tooth whiter than the part hidden by the braces!

Returning to your family dentist for routine cleaning visits is **HIGHLY** recommended. With advanced planning, we can help by slipping out the arch wires to make your visit there more productive, and your hygienist more pleased!