



Successful orthodontic treatment is a team effort; together we can make your time in braces as easy and time-efficient as possible. You help by changing your eating habits and caring for your appliances.

### Helpful Hints

#### Appointments

- If you want to brush your teeth, please arrive at least 5 minutes *before* your appointment time
- Missed appointments increase your time in braces

#### Appliances

- Keeping your braces and teeth clean is not easy, but it is important – it requires more time
- Unhealthy gums cause slower tooth movement and more time in braces
- Brush after lunch (no toothpaste necessary)
- Use a fluoride mouthrinse *twice* daily

### Food Guidelines

#### Be Careful With the Following:

- Chips (Doritos, Fritos, etc.)
- Tacos
- Hard Breads and Bagels
- Pizza crust
- Pretzels (Hard or Soft)
- Popcorn

- Especially kernels



#### Avoid

- Seeds
- Nuts
- Jerky
- Granola Bars
- Hard Cookies
- Sticky or Chewy Candy
  - Taffy
  - Licorice
  - Caramels
  - Tootsie Rolls
  - Gummy Bears
  - Skittles
  - Starburst
  - Jelly Beans
  - Candy Corn
- Soda or Gatorade



#### Do Not Bite Into:

- Hard fruits and vegetables (cut them first)
  - Apples
  - Carrots
  - Corn on the Cob
- Ice
- Chicken Legs
- Wings
- Ribs
- Lollipops
- Candy Canes
- Hard Candies
- Pens and Pencils



Some sugarless gum may be acceptable, but only for a few minutes

If you are not sure about a certain food, don't risk it (you can always ask us)

Hard and crunchy foods will break brackets and bend arch wires

Sticky and chewy foods can get stuck on braces and cause poking wires.