

FOODS TO AVOID

A list of things you should not eat, chew, or put near your mouth!



ICE... a thousand times **NO!** It will totally destroy your braces.

PIZZA CRUST... The hard crust bends the wires.

PRETZELS... Bends wires, loosens bands, knocks off brackets.

DORITOS, HARD TACOS, TOSTITOS, FRITOS, AND THE LIKE... These will form a hard ball and break your braces.

HARD, STICKY CANDY... Taffy, Jolly Ranchers, Now or Later, pull braces off.

CARAMEL, CANDY, BUBBLE GUM... It's a sticky goo which pulls off wires and feeds the bacteria in your mouth.



HARD ROLLS, BAGELS... Bends the wires and knocks off brackets.

BEEF JERKY AND SLIM JIMS... These are as tough as nails.

SUCKERS... You may weaken and bite them.



NUTS... No nuts of any kind.

PENCILS, PENS, FINGERS... Favorite exam time food, breaks everything.

POPCORN... The kernels get between the gum and the band, this really hurts.

RAW FRUITS AND VEGETABLES... Some of these are hard as rocks (Carrots, broccoli, cauliflower, apples, corn on the cob).

Eating these foods will loosen the braces, but you may not discover the problem until hours or days later... Surprise! Loose bands, broken wires, and detached brackets cause a longer treatment time.

ORAL HYGIENE INSTRUCTIONS

It is important to keep your teeth, gums, and appliances extremely clean. Poor brushing and a lack of flossing may result in cavities, swollen gums, and permanent stains on your teeth.

You should brush your teeth after every meal. Bedtime is a good time to use your proxabrush, super floss, and fluoride rinse.

Brush each tooth about 10 times in a circular motion. Be sure to brush between your braces and gums. This is where plaque collects and can cause gingivitis and permanent stains on your teeth.

REMEMBER YOU NEED TO PURCHASE:

1. Proxabrush
2. Super floss
3. Act fluoride rinse