

## ORTHODONTIC DIET CHART



Foods that cannot be cleaned off the braces may lead to discoloration and decay of your teeth. Even though your braces and wires are metal, they are fragile and are usually damaged by eating the wrong foods, thus taking us longer to finish your treatment.

### ABSOLUTELY



### GUM



- Sugarless or otherwise
- Caramels • Caramelized Apples • Toffee • Licorice
- Gummy Bears • Now & Laters® • Starbursts®
- Sugar Daddies® • Sugar Babies® • Tootsie Rolls®
- Apples or Carrots (unless cooked or cut into small pieces)
- Nuts • Popcorn • Hard Candy • Corn on the Cob
- Bagels • Pizza Crusts • Jerky • Hard Pretzels • Ice
- Doritos®



### HARD FOODS

### EAT MUCH LESS

- Candy • Ice Cream • Cookies • Cake • Pie
- Foods with Sugar

### DRINK MUCH LESS

- Soda Pop • Drinks with Sugar

AVOID CHEWING ON PENS, PENCILS, FINGERNAILS

## ? PROBLEMS & SOLUTIONS !

You may be able to solve many braces problems temporarily by yourself until you schedule a repair appointment with our office. These problems need not cause delay in your treatment.

PROBLEM	HOME SOLUTION
• LOOSE BAND OR BRACKET	▶ If band or bracket is still attached to wire, leave in place. If uncomfortable, place wax on it. If it comes out completely, wrap brace or bracket in tissue.
• LOOSE WIRE	▶ Try to place wire back in place with tweezers. If that is not possible, clip wire with fingernail clippers behind last tooth to which it is securely fastened. If any discomfort, place wax on it.
• POKING WIRE	▶ Try to push sticking wire down with a spoon or eraser. If not possible, place wax on it.
• LOST TIEWIRE OR ELASTIC TIE	▶ Notify us at next appointment.
• SORENESS	▶ Use warm salt water rinses and/or Tylenol or Ibuprofen.
• HEADGEAR DOES NOT FIT	▶ Sometimes caused by not wearing as prescribed. If facebow is bent, call office at once.
• LOOSE APPLIANCE	▶ If appliance is sticking or poking, place wax on it.

If you think you are unable to handle a problem on your own, please call us as soon as possible.

## BRUSHING AND FLOSSING WITH BRACES

**FLOSSING**

Insert floss behind archwire. Gently clean sides of teeth and under gums with an up-and-down motion. Floss between all teeth once a day.

**BRUSHING**

- Brush 4 times a day: morning, noon, dinner, bedtime.
- Brush under, above, behind and around ALL surfaces of the teeth AND braces
- Brush inside and outside of both top and bottom gums
- Rinse mouth thoroughly after brushing

USE A SOFT TOOTHBRUSH!!! BRUSH SLOWLY!!! TAKE YOUR TIME!!!  
SEE YOUR GENERAL DENTIST REGULARLY WHILE YOU WEAR BRACES

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