

# ORTHODONTIC DIET CHART

Foods that cannot be cleaned off the braces may lead to discoloration and decay of your teeth. Even though our braces and wires are metal, they are fragile and are usually damaged by eating the wrong foods. This can delay your treatment. So, for your benefit, please abide by the following guidelines:

## ABSOLUTELY NO

<b>GUM</b>	SUGARLESS OR OTHERWISE			
<b>STICKY CHEWY FOODS</b>	caramels caramel apples NOW & LATEERS® STARBURSTS®	toffee cinnamon bears SUGAR BABIES® SUGAR DADDIES®	gummy bears taffy TOOTSIE ROLLS®	licorice
<b>CRUNCHY HARD FOODS</b>	nuts corn-on-the-cob DORITOS®	popcorn jerky apples (small pieces ok)	hard candy hard pretzels carrots (cooked or small ok)	bagels

## MINIMIZE SUGAR INTAKE

<b>EAT MUCH LESS</b>	candy ice cream	cookies foods with sugar	cake pie
<b>DRINK MUCH LESS</b>	soda	sugary drinks & juices	

## AVOID CHEWING ON PENS, PENCILS, FINGERNAILS

# PROBLEMS AND SOLUTIONS

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

**LOOSE BRACKET** If bracket is still attached to wire, leave in place. If uncomfortable, place wax on it. If it comes out completely, wrap in tissue and bring with you to your next appointment.

**LOOSE WIRE** Try to place wire backing place with tweezers. If wire is still poking and causing discomfort, place wax on it and call for an appointment.

**POKING WIRE** Try to push sticking wire down with a spoon or eraser. If it is not possible, place wax on it.

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