

Orthodontic Diet Chart

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

ABSOLUTELY NO....

STICKY FOODS		HARD FOODS	
Caramels	Licorice	Nuts	Pizza Crust
Bubble Gum	Toffee	Popcorn	*Carrots
Sugar Daddies ®	Now & Laters ®	Hard Candy	Ice
Starbursts ®	Tootsie Rolls ®	Bagels	Doritos ®
Caramelized Apples	Gummi Bears	*Apples	Hard Pretzels
Sugar Babies ®		Corn on the cob	Jerky

*unless cooked or cut into small pieces



Minimize sugar intake

Avoid chewing on pens, pencils, fingernails

Avoid extremely cold foods (ice cream, popsicles, etc.)

Problems and Solutions

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

PROBLEM	HOME SOLUTION
Loose band or bracket	With loose band or bracket, CALL OFFICE as soon as possible. Use wax, if uncomfortable.
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	Notify us at the next appointment.
Soreness/Discomfort	Use warm salt water rinses and use same pain reliever as you would use for headache.

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

Signed: _____