

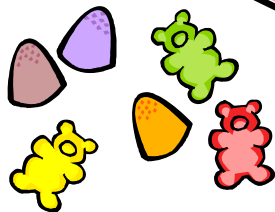
# ★ Foods to Avoid ★

Once you have your Orthodontic appliances or braces in place, keeping your teeth, gums and appliances clean is very important! Braces, wires, bands and retainers can all trap food particles and make it difficult to brush or floss away plaque. Careful brushing and flossing, preferably after every meal and snack, is the best way to prevent plaque buildup, tooth decay and gum disease.

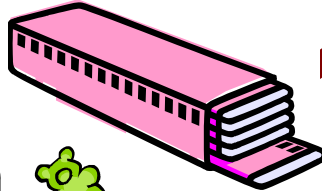
For most situations, common sense will tell you what foods to avoid. Hard foods, sticky foods and foods high in sugar must be avoided. Hard foods can break or damage wires and brackets. Sticky foods can get caught between brackets and wires. Minimize sugary foods; they cause tooth decay and related problems. Nail biting, pencil and pen chewing and chewing on foreign objects should be avoided.

## Forbidden Sticky Foods:

Starburst & Other Gummy Candy



GUM



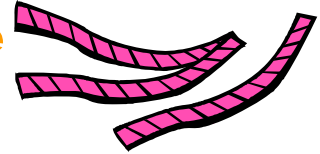
Sugar Paddies

Toffee

Caramels

Tootsie Rolls

LICORICE



## Forbidden Hard Foods:

Jolly Ranchers  
BAGELS



CORN ON THE COB & POPCORN



ICE



APPLES & CARROTS



Nuts

Chips

(unless cut into small pieces)

Pizza Crust

HARD CANDY



Try to avoid chewing on hard objects such as pens and pencils. Also minimize sugary foods, like: cake, ice cream, cookies, pie, soda, tea & Kool-Aid. Remember to brush and floss daily and don't forget to visit your dentist regularly. Also, keep a lookout for bent or loose wires and brackets.