

# ORTHODONTIC DIET CHART

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

## ABSOLUTELY NO:

- Gum-Sugarless or otherwise
- Sticky Foods-caramels, carameled apples, toffee, licorice, gummy bears, starbursts, sugar daddies, sugar babies, tootsie rolls
- Hard Foods-Apples or carrots (unless cooked or cut into small pieces), nuts, popcorn, hard candy, corn on the cob, pretzels, bagels, pizza crusts, jerky, ice, Doritos

## EAT MUCH LESS: Candy, ice cream, cookies, pie, foods with sugar

**DRINK MUCH LESS:** Soda, drinks with sugar

## AVOID CHEWING ON PENS, PENCILS, AND FINGERNAILS!

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

PROBLEM	SOLUTION
Loose band or bracket	If band or bracket is still attached to wire, leave it in place. If uncomfortable, place wax on it. If it comes out completely, wrap brace or bracket in tissue.
Loose wire	Try and 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 pushing sticking wire down with spoon or an eraser. If not possible, place wax on it.
Lost tiewire or elastic tie	Notify your orthodontist at your next appointment.
Soreness	Use warm salt water rinse and/or Ibuprofen.
Headgear does not fit	Sometimes caused by not wearing as prescribed. If face bow is bent call your orthodontist 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, and bedtime. Brush under, above, and all around all surfaces of the teeth and braces. Brush inside and outside of both the top and bottom of gums. Rinse mouth thoroughly after brushing.

**USE A SOFT TOOTHBRUSH!!!! BRUSH SLOWLY!!!! TAKE YOUR TIME!!!!**