



“BRACE WATCHER’S DIET”

Our goal is to provide you with a beautiful smile. This can only be accomplished if the braces stay attached to your teeth. We do not want to interfere with your nutritional intake, but we do ask that you watch the types of foods you eat. Some types of foods are capable of breaking your bands or brackets, bending your wires, and breaking the cement under your bands or brackets. All these things prolong treatment time.

A careful patient can eat a nutritionally balanced diet and do no harm to his braces. We hope that you will strive to be this type of patient. The foods listed below are some of the ones that we have found to be the most common causes of loose bands, brackets and broken appliances.

HARD FOODS

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| 1. Ice (no crunching, please) | 9. Carrots & Apples (may be eaten if cut into small pieces) |
| 2. Hard edges of pizza | 10. Corn-on-the-cob (may be eaten if sliced off the cob) |
| 3. Crisp French-fries | 11. Ribs (meat may be eaten if sliced off the bone) |
| 4. Hard corn chips (Doritos) | |
| 5. Peanuts (all nuts) | |
| 6. Popcorn (hard kernels) | |
| 7. Lifesavers (hard candy) | |
| 8. Peppermint sticks | |

STICKY & CHEWY FOODS

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| 1. Caramels | 6. “Marathon” bars |
| 2. Taffy | 7. “Milky Way” bars |
| 3. Gum (not even Freedent) | 8. “Slow Poke” suckers |
| 4. “Now or Later” candy | 9. “Sugar Daddy” candy |
| 5. “Gummi Bears” candy | 10. Caramel & Nut candy bars |

SWEET FOODS

Although they may not cause damage to your appliances, care should be taken to brush your teeth immediately after eating very sweet foods. If you cannot brush, at least rinse your mouth out with clear water.

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| 1. Cake | 4. Ice Cream |
| 2. Pie | 5. Cookies |
| 3. Sweet drinks (coke, lemonade) | 6. Candy |

Be a good “brace watcher”. Please notify our office if appliances become loose or broken in order that we might minimize prolonged treatment time.

Brushing is important at all times – but especially now that you have braces. Work hard to keep your braces just as shiny as the day they were placed. Then when your treatment is complete and your braces are removed you will be proud to smile!

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