



Braces Instructions

Congratulations on getting your braces on! We know things can feel different at first, but we promise you will be used to your new grill in no time. Keep in mind that there are some foods you need to avoid while in treatment. The brackets (little squares on your teeth) stick to your teeth with a temporary glue, so if you eat something that is too hard, crunchy, or sticky, you can knock them off. If a bracket breaks, your tooth can quickly become crooked again and you can lose a month or more of progress!

Call or text us if a bracket is loose or broken during normal business hours, and we will schedule you an appointment to get it fixed. Check out the **emergency care** page on our website for more tips on what to do if something breaks or is bothering you.

Please also remember how important it is to brush and floss, especially while you are in braces! Your treatment will be faster and more successful if you keep your teeth and gums healthy. You will also need to continue to have regular cleanings with your family dentist at least every 6 months.

Foods to Avoid

1. Ice- this is bad for your teeth even without braces!
2. Chewing on foreign objects- pencils, fingernails, straws
3. Hard candies- Jolly Ranchers, Blow Pops, peppermints
4. Sticky, chewy candies- Starbursts, Tootsie Rolls, Skittles
5. Chewy snacks- Power Bars, Rice Krispie Treats
6. Hard breads- thick pizza crust, bagels, hard rolls
7. Hard snacks- Fritos, pretzels, chips, nuts
8. Popcorn
9. Sugary drinks- pop/soda, sweet tea

Foods to Enjoy

1. Apples, carrots, celery are healthy but cut them into small pieces
2. Chewing gum is allowed as long as it is sugarless. Gum actually stimulates saliva flow which helps keep the teeth healthy
3. Soft candies like chocolate, Three Musketeers, Reese's (Dr. Best says this is the only candy that matters anyway)
4. Ice cream