



GUIDELINES TO FOLLOW WHILE IN ORTHODONTIC TREATMENT

The patient plays a very significant role in successful orthodontics. For orthodontics to be effective, the patient will have to apply considerable effort. The effort required will be in the following of some simple but important rules:

ORTHODONTIC RULES:

Foods that are hard and/or sticky may do damage by distorting wires, loosening cement under your braces and breaking your braces. Excellent oral hygiene skills are essential.

Refrain from eating hard or sticky foods or chewing on hard items.

- **Hard foods** – ice, nuts, hard edges of pizza, popcorn kernels
Carrots and apples (may be eaten if cut into small pieces)
Corn on the cob (may be eaten if cut off the cob)
- **Sticky foods** – caramels, Jolly Ranchers, taffy, gummy bears, starbursts, Tootsie Rolls, etc.
Gum (may be chewed **occasionally, but only sugar free**)
- **Hard items** – pens, pencils, fingernails, bottle caps, etc.

Oral Hygiene

- Foods high in sugar content stain your teeth or cause cavities
- Brush regularly 2-3 times daily
- Floss daily
- Regular dental exam and cleaning every 6 months

This list is not all-inclusive, but only a guide. Remember common sense should be used at all times.

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Considerations for Achieving Success in Orthodontics

- **Do not eat the following foods or place the following objects in your mouth:**

HARD FOODS – such as ice, nuts, hard edges of pizza, popcorn kernels, hard candies, hard snack chips (Doritos, tortilla chips, pretzels), etc.

STICKY FOODS – such as caramels, Starbursts, bubble gum, taffy, gummy bears, etc.

OTHER HAZARDOUS FOODS – such as large pieces of apples or carrots, corn on the cob, etc.

OTHER DANGERS – such as fingers in the mouth, pencils, or other hard objects and trauma.

- **For Pain:**
Do not take any medications other than Tylenol (acetaminophen) or your braces will take much longer to complete.

- **Appliances:**

BROKEN APPLIANCES – Please bring any broken or debonded appliances/braces to your repair appointment to help avoid unnecessary additional fees.

REMOVABLE APPLIANCES – Please bring any removable appliances to each appointment so they may be inspected and adjusted.

“Commitment to Excellence in orthodontics and in our Community”