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FOODS TO AVOID WHILE IN BRACES

1. CHEWING GUM, BUBBLE GUM, SUGARLESS GUM
2. POPCORN, CARAMEL CORN, CARAMEL APPLES, CANDY APPLES
3. ICE CUBES
4. LICORICE, TAFFY, STARBURSTS, GUMMY BEARS, JOLLY RANCHERS
5. HARD PRETZELS
6. PEANUT BRITTLE, JAW BREAKERS
7. TOOTSIE POPS, BLOW POPS

IF YOU THINK A PARTICULAR FOOD MAY BE HAZARDOUS TO YOUR
ORTHODONTIC WORK, AVOID IT OR BE EXTREMELY CAREFUL.

DO NOT BITE DIRECTLY INTO ANYTHING THAT IS HARD OR SOMEWHAT
STICKY. FOR EXAMPLE: APPLES, RAW CARROTS OR CELERY. CUT THESE
FOODS UP BEFORE EATING THEM. THIS MAY SEEM TEDIOUS, BUT IT WILL
SAVE TIME IN THE DENTIST CHAIR.

USE COMMON SENSE! THE BRACKETS ARE ONLY BONDED ON, THEREFORE,
CAN EASILY BE SEVERED OFF. IF BRACKETS FREQUENTLY COME LOOSE
OR BRAKE, THE LONGER YOU WILL BE IN BRACES. AVOIDING THESE
FOODS WHEN POSSIBLE WILL ONLY BENEFIT YOU.