

Caring for your Braces and Teeth

Braces and Eating

Eating proper foods and minimizing sugar intake are important during orthodontic treatment. Some foods may cause tooth decay or damage your braces. Continual breakage of brackets will extend your treatment time. **If a bracket or band is loose or has fallen off, please contact our office immediately.**

Avoid

Hard Foods

Examples

Hard Candy Lollipops®
Hard Granola Bars Peanut Brittle
Ice Popcorn Kernels

Sticky Foods

Examples

Caramels JuJubes®
Fruit Roll-Ups® Starbursts®
Gum with sugar Toffee

Be Careful

High Sugar Content Foods

Examples

Chocolate bars Fudge
Cookies Pop

Chewy / Crunchy Foods

Examples

Apples (cut small) Corn on the cob
Carrots (cut small) Hard crust breads
Chewy granola bars Jerky (cut small)
Chicken Wings Nuts

Safe

Soft Foods

Examples

Cheese Potato chips
Crackers Poultry
Eggs Seafood
Meat Smoothies
Muffins Soft food
Noodles Soft fruit
Pancakes Soft vegetables
Pasta Soups
Peanut butter Sugar free gum
Pizza (avoid crust) Yogurt

It is very important to avoid chewing on hard objects such as pens and pencils or biting your fingernails!

Brushing and Flossing

It is important that you take good care of your teeth during orthodontic treatment to ensure a successful outcome. Braces trap food particles and also provide places for plaque to build up. Plaque and debris left on the teeth cause cavities and gum disease. Brushing and flossing regularly and effectively will keep your teeth and gums healthy and prevent decalcification (permanent markings), decay and periodontal disease. If the teeth and gums are not cleaned effectively while wearing braces, the treatment result may be significantly compromised.

- ➡ Brush each time you have a meal or snack. If you are unable to brush right away, rinse your mouth well with water.
- ➡ Brush gum line, underneath wire and around the brackets.
- ➡ Brush inside and biting surfaces of teeth, and tongue.
- ➡ Floss carefully around each tooth and around the gum area once a day.
- ➡ Visit your dentist for regular checkups and cleanings during orthodontic treatment.

Please refer to the 'Flossing and Brushing with Braces' information card for more great tips.