

EATING HABITS AND ORTHODONTIC TREATMENT

Permanent discoloration and decay can result from eating foods that cannot be easily cleaned off of your braces. Also, hard and sticky foods can damage the wires, brackets or can loosen the cement holding your bands in place which can lengthen your treatment time.

FOODS TO AVOID

HARD FOODS:

May delay treatment by damaging the wires or breaking loose your bands or brackets.

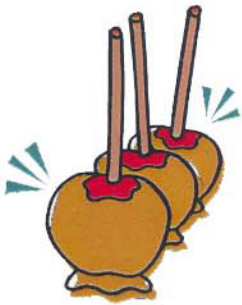


- Apples or Carrots (unless cooked or cut into small pieces)
- Corn on the Cob (unless cut off the cob)
- Nuts
- Popcorn
- Hard Candy
- Bagels
- Pizza Crusts
- Jerky
- Hard Pretzels
- Ice Cubes
- Tortilla Chips
- Seeds



STICKY FOODS:

May delay treatment by bending the wires or damaging the cement bonds that hold the bands in place.



- Caramels
- Starbursts
- Toffee
- Licorice
- Tootsie Rolls
- Taffy
- Caramel Apples
- Skittles
- Fruit Roll-Ups
- Gummy Bears



GUM:



- No chewing or bubble gum



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