

## congratulations

You are on a path to a healthier, happier smile.

We recommend the following to obtain the best results:

Brush and floss after every meal. *Important areas to brush are along the gumline and between the teeth underneath the arch wires.*

Rinsing with a mouthwash is highly recommended after brushing and flossing in order to strengthen the teeth and prevent decay.

Too much pressure placed on your front teeth could cause the brackets to break or loosen. The best thing to do is cut your food into small pieces and chew with your back teeth.

DO NOT bite with your front teeth.

DO NOT chew on ice cubes or ice chips.

DO NOT chew on any hard objects, such as the ends of pens or pencils.

**DO NOT EAT HARD FOODS:** *Apples, raw vegetables, nuts, popcorn, corn on the cob, crusty bread, croutons, chips, crackers/pretzels, granola, taco shells, tough meats, hard candies, etc. These may cause brackets to fall off and/or loosen your bands.*

**DO NOT EAT STICKY FOODS:** *Taffy, caramel, chewy candy bars, bubble gum, licorice, gummy bears, etc. These may pull the brackets off your teeth.*

## BRACES FRIENDLY FOODS



Taking care of your oral health is key to getting your smile moving in the right direction. If you have any questions regarding care of your braces or anything that may be unusual to you throughout your treatment, please contact us. If a bracket or band becomes loose or broken, please notify our office as soon as possible so we can repair it.