



Pediatric Dentistry & Family Orthodontics

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FOOD LIST

FOOD FOR ORTHODONTIC THOUGHT: THINGS YOU SHOULD AVOID DURING YOUR ORTHODONTIC TREATMENT

SODA, JUICES, SPORTS DRINKS, ENERGY DRINKS, KOOL-AID, AND ANY TYPE OF SUGARY DRINKS:

Due to the high sugar content these drinks can cause cavities. The sugar can sit above or below your braces and cause permanent damage to your teeth. Acidic drinks like soda can cause the adhesive to breakdown that we use to stick your braces on.

ICE: If chewed, ice can break your brackets off or bend your wires.

PIZZA CRUST, HARD ROLLS, BAGELS, CROUTONS, GRANOLA BARS: Harder breads and toasted breads can break brackets off and/or bend your wires. You can still eat these foods but you must remember to cut, rip, or tear them into smaller pieces and chew them carefully with your back teeth.

FRITOS, CHEETOS, DORITOS, TOSTITOS, RUFFLES, AND PRETZELS: These are all harder chips more likely to break your braces. Softer chips like Lays or Pringles are okay!

GUM, CARAMEL, TAFFY, STARBURSTS, SKITTLES, TWIZZLERS, AIRHEADS, TOOTSIE ROLLS, GUMMI BEARS, SWEDISH FISH, NOW N LATERS, TWIX, MILKYWAYS, SNICKERS, ANY TYPE OF STICKY OR CHEWY CANDY: These sticky and chewy snacks can break braces but also pull your bands or appliances off.

BEEF JERKY, SLIM JIMS: These are too tough to chew and can cause you to damage your braces.

SUCKERS, HARD CANDY, JOLLY RANCHERS: These hard candies can cause cavities around your braces, and if you bite them or chew them they can break your brackets.

NUTS: Please no nuts of any kind. You can still eat peanut butter as long as it is not the crunchy kind!

CHICKEN WINGS OR RIBS: Take the meat off the bone before eating. If you accidentally bite the bone you can break a bracket.

CONTINUED ON BACK ...

POPCORN: The hull from the popcorn can get caught wedged between the gums and bands and cause uncomfortable irritation. The popcorn kernels themselves can cause you to break a brace off.

RAW FRUITS AND VEGETABLES: we encourage you to eat healthy but please make sure you slice or dice the uncooked fruit or vegetables. some can be very hard or crunchy and break your brackets or bend your wires.

PENS, PENCILS, PEN CAPS, ERASERS, MARKERS, FINGERNAILS AND TOYS: Please if you cannot digest it as food, do not put it in your mouth. Chewing on these items out of habit or boredom can cause you to break your braces.

* SOME PATIENTS DO NOT DISCOVER THEY HAVE A LOOSE BRACKET, BAND, OR BENT WIRE UNTIL DAYS AFTER IT HAPPENS. PLEASE IF YOU NOTICE SOMETHING IS BROKEN OR MOVING, OR YOU NOTICE A TOOTH IS MOVING IN THE OPPOSITE DIRECTION, GIVE OUR OFFICE A CALL SO WE CAN FIX THE PROBLEM! IT IS VERY IMPORTANT TO FOLLOW THE RULES OF BRACES AS BROKEN ITEMS CAN ACTUALLY ADD TIME TO YOUR LENGTH OF TREATMENT! *