



Foods To Avoid

Following proper eating instructions is an essential part of orthodontic treatment. Not following these instructions can result in broken orthodontic appliances, WHICH WILL SIGNIFICANTLY DELAY your orthodontic treatment. This can put you at greater risk for cavities and gum (periodontal) disease if proper oral hygiene isn't maintained. Loose brackets and other appliances can also cause discomfort to the inside of your cheeks, lips, and other soft tissues. Three categories of foods to avoid are hard, crunchy, and sticky/chewy foods. Listed below are some examples of foods in these categories. PLEASE NOTE THAT THESE ARE JUST SOME EXAMPLES. THE LIST IS A GUIDE AND DOES NOT INCLUDE EVERYTHING.

If you have a doubt about eating something, it may be better to avoid it.

HARD FOOD:



LOLLIPOPS



PIZZA CRUST



NUTS



HARD CANDY



BEEF JERKY



ICE

CRUNCHY FOOD:



CHIPS



POPCORN



APPLES



CARROTS



CORN ON THE COB

STICKY / CHEWY FOOD:



GUM



TAFFY



GUMMY BEARS



LICORICE



CARAMEL APPLES



SODA