

## PROBLEM FOODS AND HELPFUL TIPS



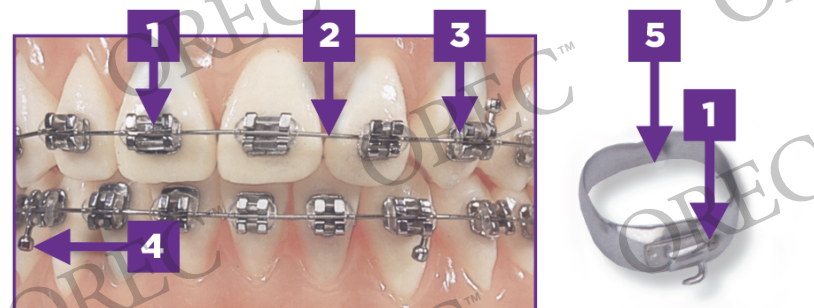
It is your job to keep your teeth and braces spotlessly clean!

### BRACES

If you have a problem with your braces refer to this diagram so you can accurately describe the problem when you call our office.

#### PROBLEM SOLUTION

<b>Loose band or bracket</b>	The seal created by the cement (glue) has been broken. Call our office and schedule an appointment. If band or bracket detaches from wire, save it and bring it with you to your next appointment.
<b>Broken archwire or headgear, lost ligature or hook</b>	These problems could cause the teeth to shift in the wrong direction and must be corrected as soon as possible. Call our office and schedule an appointment.
<b>Sticker</b>	That's the term for a wire that sticks out and causes irritation. Try tucking it in with the eraser part of a pencil. If that doesn't work, dry it with a napkin and place wax over the wire to prevent further sticking.
<b>Soreness</b>	To relieve soreness, rinse your mouth with warm salt water and/or take Advil or Tylenol as directed.



- 1. BRACKET** The attachment bonded to the tooth or welded to the band
- 2. ARCHWIRE** A large removable wire that fits around the arch into the bracket slots
- 3. ELASTIC LIGATURE** Plastic ring that ties archwire into bracket or  
**LIGATURE WIRE** Tiny wire that ties archwire into bracket
- 4. HOOKS** Used to attach elastics (rubber bands)
- 5. BAND** A ring of metal with the bracket attached that is glued onto the tooth

## Problem Foods when you have BRACES

Eating proper foods, minimizing sugar intake and getting enough sleep are essential during orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some soft and sticky foods can cause tooth decay and loosen or dislodge your braces.

### FORBIDDEN HARD FOODS

- HARD CANDY
- CORN CHIPS
- POPCORN
- JERKY
- ICE
- NUTS
- PIZZA CRUST
- CORN ON THE COB



Whole fruits and vegetables such as apples and carrots should be cooked or cut into small pieces and eaten carefully.

### FORBIDDEN SOFT FOODS

- BUBBLE GUM
- GUM (as directed by your orthodontist)
- STICKY CANDY:
  - Starbursts
  - Sugar Daddies
  - Tootsie Rolls
  - Gummy Bears
  - Caramels
  - Taffy



Use common sense when choosing food to put in your mouth and avoid **chewing** on hard objects such as pens and pencils.

Avoid soda pop and drinks that contain sugar.