



FOOD GUIDELINES AND CARE OF YOUR BRACES



As you start with your braces, your teeth may be a little sore for the first week and after each adjustment appointment. We recommend sticking to a soft food diet until the discomfort subsides.

While in braces, you should avoid hard foods, sticky foods and chewing gum of any kind. These foods can damage the wires and brackets. It is difficult to list all of the foods which can damage your braces, so use your common sense. We have listed below examples of the most common foods that you should avoid while in braces.

Candy

- Licorice
- Skittles
- Jolly ranchers
- Now & Laters
- Starburst
- Laffy Taffy
- Tootsie Rolls
- Carmel Candy
- Candy Bars with nuts or carmel
- Jelly beans
- Gummy candy of any kind
- Hard Candy of any kind
- Gum of any kind



Sticky foods

- Gum of any kind
- Peanut brittle
- Marshmallows
- Carmel Corn
- Carmel or Candy Apples

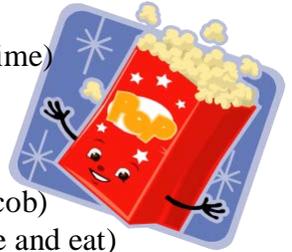
How do braces come loose?

There are four ways the braces can be damaged, broken or come loose:

1. **Contamination**-the teeth became wet when the braces were put on. These brackets will come off shortly after they were put on.
2. **Bite interference**-when the upper teeth hit the bottom braces and the bracket comes loose or the wire bends.
3. **Accident**-the patient gets hit in the mouth and the bracket comes loose.
4. **Non-Compliant**-the patient is eating or doing something to damage the braces.

Hard Foods

- Popcorn (okay a few pieces at a time)
- Hard Pretzels
- Hard Breads
- Ice cubes
- Corn on the Cob (okay to cut off cob)
- Biting into an Apple (okay to slice and eat)
- Raw carrots/celery (bite size okay)
- Nuts
- Beef Jerky



Other things to avoid chewing on

(Sometimes the patient is unaware of these oral habits)

- Biting or chewing your fingernails
- Chewing on pencils or pens
- Chewing on erasers
- Chewing on Clothing or shoestrings
- Chewing or biting on ICE CUBES
- Picking at your braces with your fingers



Important to Remember!

If the braces are excessively broken, it will prevent your teeth from moving correctly and your treatment will not finish in the estimated time. If you have something loose or broken, we ask you contact us as soon as possible so the appropriate appointment can be scheduled. If you already have an appointment, please let us know so we can determine if there is ample time for the repair. Our goal is to repair your broken braces as soon as possible.

Broken bands or brackets will result in a \$50 repair fee after the third breakage!!!

Please visit our website for more information and instructions at colabraces.com.