

DAVID C. ADAMS, D.D.S., M.S.



*SPECIALIST IN ORTHODONTICS FOR CHILDREN AND ADULTS
SPECIALIST IN PEDIATRIC DENTISTRY*

Eating Habits and Orthodontic Appliances

Foods that are appealing, but dangerous:

**Bubble Gum
Sticky Candies
Hard Foods**

A careful orthodontic patient can probably eat almost any food and do no damage to his appliance. However, these three types of food may cause trouble, as may other foods. Use common sense or if you are in doubt, **ask the doctor** or staff about some food you enjoy eating.

Avoid

Hard foods - may do damage by bending wires, loosening cement under the bands, or breaking the little brackets and tubes which are attached.

Sticky foods - Damage appliances by bending wires & loosening cement.

Foods high in sugar content including soft drinks - **avoid** whenever possible. If you do use any of them, brush your teeth immediately. If you can't brush, then always rinse your mouth vigorously with clear water after eating sweet foods. Soft drinks dissolve the glue out from under the braces

Note: Breads, crackers, and pastas have recently been discovered to have high cavity producing potential due to their sugar (in the form of starch) content coupled with their relatively slow clearance from the mouth. Snacking in moderation (2-3 times/day) or eating snacks in conjunction with meals is an excellent preventative measure. Regular use of the new fluoride rinses are highly recommended during treatment as they help protect the teeth from decay. Mechanical aids such as the Interplak or Sonicare Toothbrush and Interjet from Bausch and Lomb can be very helpful. These items are normally carried in stock at our dental office. Please consult Dr. Adams or his assistants if you have any questions.

Don't eat!

Popcorn, Nuts, Peanut Brittle.

Ice (not even if you're careful).

Lemons (damages tooth enamel).

Corn on-the-cob.

Corn chips, tortilla chips, crisp tacos.

Taffy, Caramels, or any sticky candies.

Bubble Gum (Sugarless or otherwise).

Maybe

Carrot Sticks (if you cut into carrot curls which are thin).

Apples (cut into wedges, don't bite into whole apple).

Hard French bread (in small pieces if you're careful).

Meat associated with a bone (remove meat from bone before eating).

Remember, if you break any part of your orthodontic appliance, it will delay the completion of treatment.

Thank you