BANKHEAD & FIRTH
ORTHODONTICS

Orthodontic Eating Tips

Please follow these guidelines. If not followed properly, treatment time will take longer due to broken appliances

Forbidden Foods:

- ICE: No chewing on ice. It will break your braces!
- GUM (All types), STARBURSTS, JUJYFRUITS, CARAMELS, TAFFY, TOOTSIE ROLLS, ETC.: These will bend wires, loosen bands, and knock off braces
- DORITOS, TOSTITOS, HARD PRETZELS, HARD SHELL TACOS: The sharp edges can knock brackets loose and get in between your braces and harm your gums
- BEEF JERKY, SLIM JIMS: These are too tough and will knock your brackets off
- HARD ROLLS, BAGELS, PIZZA CRUST, BONES: These will knock off brackets and bend wires
- SUCKERS, HARD CANDY, JAW BREAKERS: Will knock off the brackets if chewed
- POPCORN, NUTS: Little shells can get caught between your gums and braces causing infection and the kernels will knock off brackets
- PENS, PENCILS, CHEWING ON FINGERNAILS: These favorite pastimes at school will break the braces

Things you may eat, but very carefully:

- APPLES, PEARS, ETC: Make sure to cut them into thin wedges.
- RAW CARROTS: Grate them up or curl them
- STEAK, CHICKEN, PORK: Cut into small bite-sized pieces
- CORN ON THE COB: Please cut it off the cob

Things you need to limit:

- SOFT DRINKS (SODA), FRUIT & SUGARY DRINKS: Please limit these to moderation! Less than one per day is ideal. These drinks have a lot of sugar and acid that causes scarring and cavities on the teeth around the braces. Make sure to rinse with water after drinking these items.
- SWEETS, CAKES, PIES, CANDIES: If you have a sweet tooth, make sure to brush or rinse as soon as possible after eating these items.

This is not an all-inclusive list, but should give you an idea of the types of foods to avoid. Use your own good judgment.

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