

# BRACE BUSTERS

## REMEMBER THESE SIMPLE RULES:

- *Avoid chewing on pens and pencils.*
- *Avoid anything that is extremely chewy, gooey or extremely hard.*

### Some of these include:

**Gum** – this includes sugarless gum.

**Chewy candy** – such as Baby Ruth, Milk Duds, Now & Later, Taffy, Starburst, Tootsie Rolls, Licorice, Skittles, Butterfinger.

**Peanuts**

**Popcorn or Crackerjacks**

**Ice** – crushed or shaved ice is fine.

The reason we eliminate these foods is ***that they loosen your bands & bend your wires, which will stop the teeth from moving and increase the time you wear braces.***

**“Excessive breakage of your braces could cost Mom & Dad an additional fee.”**

## REMEMBER

**Brush your teeth** after you eat.

Once a day you should brush your teeth for at least ½ hour with a dry toothbrush (t.v. toothbrushing) & concentrate on these important areas:

- 1) **Between orthodontic bands & gums**
- 2) **Up under the edges of gums**