

BRACE BUSTERS!

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

Some of these include:

- **Gum** – this includes sugarless
- **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 and bend the wires, which will stop the teeth from moving and increases the time you wear braces!!

Use **CAUTION** when eating the following:

- Apples
- Carrots

Excessive breakage of your braces or appliances could cost an additional fee!

Remember to brush your teeth after you eat. Once a day you should brush for at least $\frac{1}{2}$ **hour** with a dry toothbrush and concentrate on the following areas:

- Between the orthodontic brackets
- Along the gum line
- Roof of the mouth
- Top of the tongue