



Haltom Orthodontics

No-No List

"Post this on your fridge for easy review."

Things you ***CANNOT*** eat and foods you should be careful with:

1. Ice: A thousand times no!! Ice will destroy your braces!
2. Extra crispy pizza and hard bread crusts can bend your wires
3. Caramel candy and bubble gum: These types of sticky foods can pull off wires and feed bacteria in your mouth! It's okay to chew sugarless gum, especially gum with xylitol.
4. Beef Jerky and Slim Jims: Dried meats can be tough as nails.
5. Suckers: You might be tempted to bite them but hard candies can break your brackets!
6. Nuts: Be careful biting into harder nuts.
7. Bones: Chicken and rib bones can knock off your brackets. Meat needs to be removed from the bone before you can eat it!
8. Pens and Pencils: Chewing on these can knock brackets off.
9. Popcorn: The occasional bite of popcorn is fine as long as you are very careful as the kernels can break brackets. The little shells can also get stuck between your gums and cause irritation!
10. Raw carrots and apples: Hard fruits and vegetables are great but always cut these types of foods into smaller pieces.

Eating hard foods can cause the cement beneath the bands and brackets to break down and become loose. This can cause bacteria and plaque build up which can lead to bad breath and enamel damage.

Loose wires or bands and broken brackets can prolong your treatment time!

If you would like more oral hygiene instructions please let us know!

We want your finished smile to be world class!

