



FOOD GUIDELINES AND CARE OF YOUR BRACES

As you start with your braces, your teeth may be a little sore for the first week and after each adjustment appointment. We recommend sticking to a soft food diet until the discomfort subsides.

While in braces, you should avoid hard foods, sticky foods and chewing gum of any kind. These foods can damage the wires and brackets. It is difficult to list all of the foods which can damage your braces, so use your common sense. We have listed below the most common foods that you should avoid while in braces.

Candy

Licorice
Skittles
Jolly ranchers
Now & Laters
Starburst
Laffy Taffy
Tootsie Rolls
Carmel Candy
Candy Bars with nuts or carmel
Jelly beans
Gummy candy of any kind
Hard Candy of any kind
Gum of any kind

Sticky foods

Gum of any kind
Peanut brittle
Marshmallows
Carmel Corn
Carmel or Candy Apples



Hard Foods

Popcorn
Hard Pretzels
Hard Breads
Ice cubes
Corn on the Cob (okay to cut off cob)
Biting into an Apple (okay to slice and eat)
Raw carrots/celery (bite size okay)
Nuts
Beef Jerky



Other things to avoid chewing on (Sometimes the patient is unaware of these oral habits)

Biting or chewing your fingernails
Chewing on pencils or pens
Chewing on erasers
Chewing on Clothing or shoestrings
Chewing or biting on ICE CUBES
Picking at your braces with your fingers

How do braces come loose?

There are four ways the braces can be damaged, broken or come loose:

1. **Contamination**-the teeth became wet when the braces were put on. These brackets will come off shortly after they were put on.
2. **Bite interference**-when the upper teeth hit the bottom braces and the bracket comes loose or the wire bends.
3. **Accident**-the patient gets hit in the mouth and the bracket comes loose.
4. **Non-Compliant**-the patient is eating or doing something to damage the braces.

Important to Remember!

If the braces are excessively broken, it will prevent your teeth from moving correctly and your treatment will not finish in the estimated time. If you have something loose or broken, we ask you contact us as soon as possible so the appropriate appointment can be scheduled. If you already have an appointment, please let us know so we can determine if there is ample time for the repair. Our goal is to repair your broken braces as soon as possible.

Please visit our website for more information and instructions at langortho.com.

Please know that the above are just guidelines for things to avoid. There are no hard and fast rules. Except rocks, don't chew on rocks. :)