



## ORTHODONTIC FOOD CHART

Foods that can't be cleaned off of braces may lead to stains, holes and decay in teeth. Hard, crunchy, sticky and chewy foods are the leading cause to broken brackets, wires and appliances leading to longer treatment times and additional charges. Even though your braces are placed with cement, they are fragile and will come lose if you eat the wrong kinds of foods or chew on pens or pencils. The list below should act as a guide towards what types of foods our patients should not eat.

### **ABSOLUTELY NO**

<b><i>GUM</i></b>	Sugarless or Otherwise		
<b><i>STICKY</i></b>	caramels	Sugar Daddies	Starbursts
<b><i>FOODS</i></b>	caramel apples	Sugar Babies	licorice
	Tootsie Rolls	Now & Laters	toffee
	Gummy bears	marshmallows	skittles
	Chewy candy		
<b><i>HARD</i></b>	popcorn	hard candy	Jolly Ranchers
<b><i>FOODS</i></b>	corn on the cob	pizza crusts	ice          nuts
	Doritos	corn chips	pretzels
	Raw carrots	raw apples	bagels

### **MINIMIZE SUGAR INTAKE**

<b><i>EAT</i></b>	candy	cookies	cake
<b><i>LESS</i></b>	ice cream	sugary foods	pie
<b><i>DRINK</i></b>	soda pop		
<b><i>LESS</i></b>	drinks with sugar	dark colored drinks	

**DO NOT CHEW ON PENS, PENCILS OR FINGERNAILS**

**423-892-1099**

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# PROBLEMS & SOLUTIONS

You may be able to temporarily solve many problems on your own before you schedule a repair appointment with our office. The following is a guide to those problems that need assistance or those that can be fixed simply by the patient. Of course, if you ever have a question our office is happy to assist you, just call us.

<b>PROBLEM</b>	<b>HOME SOLUTION</b>
<b><i>Loose Band</i></b>	If bracket or band is still attached to wire, leave in place & put wax on it if it is uncomfortable. If it comes completely out, put in a safe place & bring it with you to your appointment.
<b><i>Loose Wire</i></b>	Try to replace with tweezers into appropriate brace. If not possible, place wax on it if uncomfortable or if extreme discomfort you may clip the wire with fingernail clippers as close as possible to the next brace.
<b><i>Poking Wire</i></b>	Try to push poking wire down with eraser. Or use wax until you can come in to our office.
<b><i>Lost Color Tie</i></b>	Notify us at next appointment.
<b><i>Soreness</i></b>	Rinse with warm saltwater for 30 seconds four times a day for 3 days. Take Tylenol or Ibuprofen for pain.
<b><i>Headgear Does Not Fit</i></b>	Can be caused by not wearing correctly. If facebow is bent, call our office immediately.
<b><i>Loose Appliance</i></b>	If appliance is sticking or poking, place wax on it. If jaw is locked open or appliance is broken, call office immediately.
<b><i>Lost Spacer</i></b>	Call our office to schedule to have it replaced.

**IF YOU THINK YOU CANNOT HANDLE A PROBLEM ON YOUR OWN,**

**PLEASE CALL US.**

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