

Foods and Braces



Broken brackets happen!

If you break a bracket it's important to let us know before your next appointment. We will need to either schedule a special time for your bracket to be fixed or adjust your current appointment time.

Broken brackets increase treatment time and may result in an extra fee

It's important to take care of your braces! Eating proper foods will help you to avoid broken appliances and tooth decay. The following are **problem foods**:

- Sticky candy (starbursts, caramel, tootsie rolls, taffy)
- Gum (unless it's sugar-free)
- Hard candy (jolly ranchers, almond roca)
- Popcorn is hard to eat with braces (only fully popped popcorn)

When eating the following foods, cut them up into small pieces and chew with your back teeth:

- Pizza
- French bread
- Apples
- Carrots (even baby carrots)
- Corn on the cob

Brushing & Flossing



1. Use a brush with a small amount of toothpaste. Place bristles where gums and teeth meet.



2. Use circular motion around the gum lines, 10 seconds on each tooth.



3. Brush slowly, every tooth, including tongue side.



4. Brush the lower teeth up and the upper teeth down.



5. Use a proxy brush to clean your teeth underneath your wire.

Brush after every meal (soft bristles only!)

Flossing is just as important as brushing!

Be sure to floss nightly after brushing to remove plaque that the toothbrush misses!



6. Carefully pull floss between wire and braces. A floss threader may be helpful.



7. Floss carefully around the braces and gum area.