



**F**ollowing proper eating instructions is an essential part of orthodontic treatment. Not following these instructions can result in broken orthodontic appliances, which will significantly delay your orthodontic treatment. This can put you at greater risk for cavities and gum (periodontal) disease if proper oral hygiene isn't maintained. Loose brackets and other appliances can also cause discomfort to the inside of your cheeks, lips, and other soft tissues. Three categories of foods to avoid are hard, crunchy, and sticky foods. Listed below are some examples of foods in these categories. PLEASE NOTE THAT THESE ARE JUST SOME EXAMPLES AND THE LISTS DO NOT INCLUDE EVERYTHING. If you have a doubt about eating something, it may be better to avoid it.

## FORBIDDEN HARD FOODS:



**Hard Candy**



**Ice**

**Jerky**



**Pizza Crust**

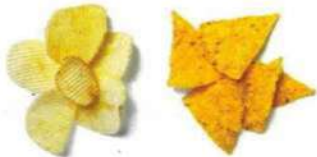


**Nuts**



## FORBIDDEN CRUNCHY FOODS:

**Chips (Potato or Corn)**



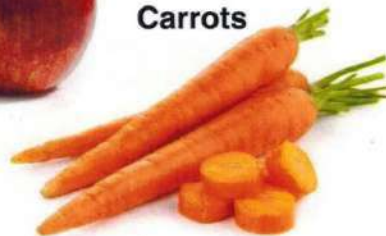
**Popcorn**



**Apple**



**Carrots**



**Corn on the Cob**



## FORBIDDEN STICKY FOODS:

**Gum**



**Taffy**



**Gummy Bears**



**Licorice**



**Caramels (Apples)**



**Chewy Candy**

**Soda**



Do not bite into whole fruits and vegetables such as apples and carrots. Please cut them into small pieces and chew with your back teeth. It is best to steam vegetables to soften them. Remove corn kernels off the cob before eating them. Avoid sodas and other drinks that contain sugar as they can cause tooth decay. Lastly, avoid **CHEWING** on hard objects such as pens and pencils.







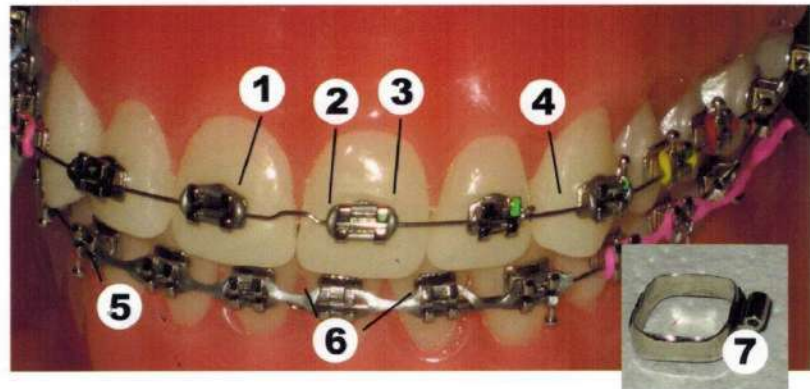
# Important Tips for Braces

- 1** Following eating instructions to prevent damage to orthodontic appliances is an essential part of your treatment. Every time you break an appliance, you are adding AT LEAST one visit to your overall treatment time.
- 2** You should wear a mouth guard while playing contact sports. Not doing so can also result in broken brackets/appliances. Make sure to purchase one that is designed for braces. Regular mouth guards can damage orthodontic appliances and may also prevent tooth movement.
- 3** If your brackets and/or appliances do happen to break, make sure to call the office and let us know so that we can allocate an appropriate amount of time to repair your appliances during your next visit.
- 4** You MUST brush your teeth after EVERY MEAL and floss AT LEAST once a day with braces. Not doing so will result in cavities, gum disease, and permanent white spots on your teeth.
- 5** You should see your general dentist for cleanings and check-ups AT LEAST once every 6 months.
- 6** If your treatment requires the use of rubber bands (elastics) and/or other appliances, it is important you follow directions as provided. If you do not follow our instructions, your treatment can be delayed significantly.
- 7** Wearing retainers after braces is an important part of orthodontic treatment. If you do not follow the provided instructions with retainers, we guarantee that your teeth and bite will shift back.
- 8** Solutions to simple emergencies can be found on our website at [www.raveendrandentist.com](http://www.raveendrandentist.com), including some videos that can be viewed on our YouTube channel.
- 9** Have fun and enjoy your time in braces! If you follow the tips above, we guarantee you will have a beautiful smile and healthy bite in the end that you will love to show off to everybody!!!

## Braces Parts

If you have a problem with your orthodontic appliances, please refer to this picture so that you can clearly communicate your problem when you call our office

- 1** Bracket: the actual "brace" that is bonded/glued to the tooth and holds the wire
- 2** Archwire: the wire that connects and fits into the individual brackets
- 3** Elastic ligature: colored ring that holds the archwire into a bracket
- 4** Steel ligature tie: very small wire that holds the archwire into a bracket
- 5** Hook: very small arms attached to some brackets that are used to attach rubber bands
- 6** Power chain: several elastic ligatures linked/connected together.
- 7** Band: metal ring that goes around some back teeth



### COMMON ORTHODONTIC PROBLEMS

Solutions to common orthodontic problems can be found on our website [www.raveendrandentist.com](http://www.raveendrandentist.com).

