

# Brace Watchers Diet

Our goal is to provide you with an amazing smile you can't help but show off! This can only be accomplished if the braces stay attached to your teeth!

We do not want to interfere with your nutritional intake. However, we do ask that you avoid certain types of foods because they are capable of breaking your bands and brackets, bending your wires, and breaking the cement under brackets. All these things will prolong treatment time. A careful person can eat a nutritionally balanced diet, and do no harm to the braces. We hope that you will strive to be this type of patient. Please avoid the foods listed below:

## HARD FOODS & OBJECTS

- ▶ Ice (no crunching)
- ▶ Hard edges of bread or pizza crusts
- ▶ Hard crispy French fries
- ▶ All Corn chips (i.e. Doritos)
- ▶ Pita chips & Pretzels
- ▶ Popcorn (hard kernels, half-cooked kernels)
- ▶ Hard Candies (i.e. Lifesavers, Peppermints)
- ▶ All Nuts
- ▶ Carrots and apples may be eaten if cut into small pieces, or cooked
- ▶ Corn on the cob may be eaten if sliced off the cob
- ▶ Ribs, Buffalo wings, Chicken legs (meat may be eaten if sliced off the bone)
- ▶ Chewing on pens and pencils

## STICKY & CHEWY FOODS

- ▶ Starbursts
- ▶ Tootsie Rolls
- ▶ Taffy
- ▶ Gum
- ▶ Fruit rollups
- ▶ Caramels, Sugary Daddy candies
- ▶ Jolly Ranchers
- ▶ Gummy candies (i.e. Gummy Bears)
- ▶ Skittles
- ▶ Licorice and Jelly Beans

Although they may not cause damage to your appliances, care should be taken to **limit the intake** of the foods/beverages listed below. Foods/Beverages that are high in sugar and/or acid promote tooth enamel breakdown (decay), eventually causing cavities. Please be amazing at brushing your teeth after eating any sweet and acidic foods.

- ▶ Cake & Pie
- ▶ Ice cream
- ▶ Donuts
- ▶ All Candy
- ▶ Drinks with phosphoric acid (soda pop)
- ▶ Sweet drinks (sweet teas, lemonade, cocoa)
- ▶ Some energy and sports drinks
- ▶ Syrup flavored coffee

**Be an AWESOME "Brace Watcher."** Please notify our office if appliances become loose or broken in order to minimize prolonged treatment time.

**Brushing is important at all times...but especially now that you have braces!** Work hard to keep your braces just as shiny as the day they were placed. Then when your treatment time is completed and your braces are removed, you will be proud to show off your smile!

*Please contact our office if you have any questions or concerns:*

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# Your First Week in Braces

It is common for your teeth to feel sore and achy the first 3-5 days after putting on braces. Some people may also feel a mild headache.

Soft foods are the easiest to eat those first few days. Cold foods are very soothing on your gums and help reduce inflammation.

## **FOOD SUGGESTIONS:**

- ▶ Smoothies & Milkshakes
- ▶ Scrambled eggs & omelets
- ▶ Yogurt
- ▶ Cottage cheese
- ▶ Pudding
- ▶ Apple sauce
- ▶ Mac & Cheese
- ▶ Bananas
- ▶ Meat Loaf
- ▶ Fish
- ▶ Soups
- ▶ Rice & Beans
- ▶ Pancakes
- ▶ Oatmeal
- ▶ Creamy peanut butter on soft bread
- ▶ Pasta (Spaghetti, Ravioli)
- ▶ Ice cream
- ▶ Avocados
- ▶ Mashed Potatoes
- ▶ Gumbo or Risotto

The inside of your cheeks and lips may develop some sore spots – remember to apply a little wax to the spot that is bothering you to reduce the friction against your cheeks and lips. Often it is effective to apply wax at night time while you are sleeping, and to try and go without the wax during the day in order to toughen up your cheeks and lips. As the weeks go by you will be able to reduce the amount of wax.

We are cheering for you! Most importantly, be patient and don't get frustrated. Allow yourself a few weeks to adjust and you will find that you can still eat many of your favorite foods.



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