

DIET RESTRICTIONS

WHY HAVE DIET RESTRICTIONS

Patients being orthodontically treated need to observe certain diet restrictions to avoid breakage of the appliances. The appliances can tolerate only so much stress before giving way.

FOODS TO AVOID

- Ice (cubes or crushed)
- Chewing hard candies
- Popcorn
- Nut of any kind
- Caramels, taffy, candied apples
- Thick, hard chips
- Candy bars with nuts/or caramel
- Hard bread sticks
- Gum of any kind
- Hard and/or sticky candy

FOODS TO BE SLICED OR BROKEN UP BEFORE EATING

- Apples
- Raw vegetables
- Corn on the cob
- Pizza
- Bagels
- Hard French bread

OTHER THINGS TO AVOID

- Chewing fingernails
- Pens and Pencils
- Popsicle Sticks

PROBLEMS AND PENALTIES

When a specific period of treatment is projected, it is based on minimal breakage and no missed appointments. This period will be extended as a result of breakage. Also, repair work is usually done early in the day so that the majority of the appointments can be flexible. Please be sure to always call our office when you have a breakage regardless of your next scheduled appointment

QUESTIONS?

Don't hesitate to ask! We're here to help you.