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FOODS TO AVOID

Please avoid hard, sticky, chewy and crunchy foods. These may bend wires and break the bands and/or brackets. Broken braces may result in prolonged treatment. Avoid foods high in sugar. If you have a sweet treat brush and floss after. If it is not convenient to brush, then always rinse your mouth with water. Here are some examples, please use your best judgment.

- Candy - Gum, Taffy, Skittles, Starburst, Gummies, Jolly Ranchers, Mints, Lollipops, etc...
- Sour Gummies are a triple threat - acidic, sugary, sticky/chewy
- Hard Cookies, Crunchy/Chewy Granola Bars
- Ice
- Popcorn (the kernel is very hard and the kernel shells get caught the gums, potentially causing infection)
- Hard Nuts - Pecans, Almonds, Walnuts, Corn Nuts, Trail Mix, etc...
- Whole Fruits & Vegetables - (cut into small bite size pieces) Raw Apples, Raw Carrots
- Crusty/Chewy Breads - (tear into small bite size pieces) Pizza, Bagels, Sandwiches, Croutons
- Chips - Corn, Kettle, Pita, Takis
- Fresh Corn on the Cob - (cut corn from the cob)
- Sugary drinks - (limit to special occasions) Soda, Juice, Energy Drinks, Smoothies
- Meat - (if on the bone, tear/cut in small pieces) Beef Jerky, Ribs, Chicken Wings, Fried Chicken
- DO NOT suck on Lemons or Limes (the acidity is damaging to tooth enamel)
- DO NOT chew on Pens, Pencils, Straws, Fingernails, Mouthguards (use caution when placing and removing mouthguards and do not form them tightly to the teeth)

BROKEN BRACKETS

One or two broken brackets throughout treatment is not unreasonable. We reserve the right to charge per loose bracket in situations where the loose brackets become excessive.

HOME SOLUTIONS

- Loose bands or brackets – If a Band/Bracket is loose on the tooth but still on the wire and it is not bothering you can leave it in place. If a Band/Bracket completely comes out keep it in a safe place and bring it to your next appointment. Be sure to call us and let us know, that way we can schedule the time to fix it.
- Loose/Poking wire – If a wire comes out of the molar tube try to place the wire back in place with tweezers. If that's not possible, clip the wire with nail clippers. If a wire is poking try to put wax on it. If you are not able to make it comfortable before the next business day call the Emergency phone number.
- In case of an after-hours Emergency, there is an Emergency phone number on the office voicemail. (925)689-9350