

ORTHODONTIC DIET CHART

Foods that are not cleaned / brushed off the braces may lead to discoloration and decay of your teeth. Even though our braces are metal or ceramic, they are susceptible to damage by eating the wrong foods, thus taking us longer to finish your treatment.

ABSOLUTELY NO

- GUM:** Sugarless, Trident, or otherwise
- STICKY FOODS:** Caramels, Sugar Daddies, Starbursts, Caramelized Apples, Sugar Babies, Jolly Ranchers, Toffee, Tootsie Rolls, or Gummy Bears, etc
- HARD FOODS:** Nuts, Popcorn, Hard Candy, Bagels, Corn on the Cob, Pizza Crust, Doritos, and Hard Pretzels. Apples and Carrots can be eaten only if cooked and cut into small pieces.

MINIMIZE SUGAR INTAKE

Such as Candy, Cookies, Cake, Ice Cream, Pie, and foods with sugar. Soda Pops, or drinks with sugar.

DO NOT CHEW ON PENS, PENCILS, OR FINGERNAILS

PROBLEMS AND SOLUTIONS

You may be able to solve many braces problems temporarily by yourself until you can make a repair appointment with the office. These problems need not cause delay in your treatment.

- PROBLEM:** **LOOSE BANDS OR BRACKETS**
SOLUTION: If a band or bracket is still attached to the wire, leave in place. If uncomfortable, place wax on it. If it comes out completely, wrap the brace or bracket in a tissue, and dispose of it.
- PROBLEM:** **LOOSE WIRE**
SOLUTION: Try to place wire back into place with tweezers. If that is not possible, clip wire with a fingernail clipper behind last tooth to which it is securely fastened. If you still have discomfort, place wax on it.
- PROBLEM:** **POKING WIRE**
SOLUTION: Try to push sticking wire down with a spoon or eraser. If not possible, place wax on it.
- PROBLEM:** **LOST WIRE TIE OR ELASTIC TIE**
SOLUTION: Notify us at your next appointment
- PROBLEM:** **SORENESS**
SOLUTION: Use warm salt water rinses and / or Tylenol or Advil
- PROBLEM:** **LOOSE APPLIANCE**
SOLUTION: If appliance is sticking or poking, place wax on it.
- PROBLEM:** **LOST APPLIANCE**
SOLUTION: Call the office to schedule an appointment

If you feel you are unable to handle a problem on your own, please call Dr. Brigham.

EMERGENCY Cell Phone # 602-692-8916

