

HAPPY SMILES

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FOOD FOR ORTHODONTIC THOUGHT

NO-NO LIST

To be Posted On Your Refrigerator Door

THINGS YOU CAN NOT EAT, CHEW, OR ANYTHING

ICE - A thousand times NO! It will destroy your braces.

PIZZA CRUST - The hard crust bends wires. Be very careful.

HARD PRETZELS - Bends wires, loosens bands, knocks off brackets. Break pretzels into pieces.

CARAMEL CANDY OR GUM - Any sticky goo will pull off wires and feed the bacteria in your mouth. Nobody wants to help the bacteria.

HARD ROLLS, BAGELS, BONES - Bends the wire and knocks off brackets.

CORN-ON-THE-COB - Cut it off the cob.

SLIM JIMS - Tough.

HARD CANDY - You might weaken and bite.

NUTS - NO nuts of any kind.

RIBS - Knocks off brackets.

PENS AND PENCILS - Favorite exam time food breaks everything.

POPCORN - The little shells get between the gum and band - hurts like crazy.

RAW CARROTS, CELERY, APPLES, PEARS - Hard as rocks. Cut up into small pieces.

Eating these foods will loosen the braces,

but you may not discover the problem until hours or days later.

SURPRISE - Loose bands, broken wires, and detached brackets cause a longer treatment time!!