



FOODS TO AVOID

Although braces have become sturdier with modern technology, it's still important to be careful not to damage them. While in braces, we do ask that you avoid foods that are not "braces friendly."

| CRUNCHY | | STICKY/CHEWY | |
|--|---|---|---|
| <ul style="list-style-type: none">• Popcorn• Nuts• Hard taco shells• Hard chips• Ice | <ul style="list-style-type: none">• Pretzels• Hard cookies• Crackers• Croutons | <ul style="list-style-type: none">• Gum• Laffy Taffy• Starburst | <ul style="list-style-type: none">• Tootsie Rolls• Gummy Bears |

INSTEAD OF BITING DIRECTLY INTO THESE FOODS, CUT THEM UP INSTEAD....

- Meat on the bone
- Corn on the cob
- Raw veggies/ fruits
- Pizza crust

AVOID CHEWING ON PENCILS, PENS & NAILS

HOW TO CLEAN YOUR GRILLZ WITH BRACES...

1.

BRUSH

your teeth with preferred toothbrush & toothpaste after every meal.

2.

FLOSS

your teeth using either floss threaders or plackers.

3.

RINSE

with fluoride mouth rinse
(do not eat/drink after fluoride
rinse-night time)

BRUSHING SKILLZ

- Right & left side above braces
- Right & left side below braces
- Front above braces
- Front below braces
- Chewing surfaces
- Behind teeth on the side near the tongue

REPEAT ON BOTTOM TEETH

WANT TO PREVENT WHITE SPOTS AFTER BRACES?

- Use your brushing skillz:
 - Brush your teeth
 - Brush underneath the wires
- Use special brushes
- Use special flossers
- Brush with fluoride toothpastes
- Limit sugary foods and beverages

FLOSSING WITH BRACES:

1. Pass the floss behind the wire between your teeth into the void space between the teeth and gums
2. Insert the floss in between the top teeth down to the point where you are no longer able to continue
3. Slide the floss up and down
4. Rinse with water or a mouthwash after each space is cleaned
5. Use a stiff floss or a floss threader for flossing between the wires and the apices between teeth and gums

INTERPROXIMAL BRUSHES:

There are different sizes of interproximal brushes for different spaces- you may need a few to get everywhere.

1. Insert the brush between the teeth under the wires
2. Brush the area, using water to clean the brush