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Foods and Habits to Avoid

Due to the type of appliance (definition: appliances are braces) you are wearing, it is advisable to avoid certain types of foods. Here are some of the types:

HARD FOODS

STICKY FOODS

FOODS HIGH IN SUGAR CONTENT

CRUNCHY FOODS

1. **Hard foods** may do damage by bending wires, loosening the cement under the bands or breaking the brackets that are attached to the teeth.
2. **Sticky foods** can loosen bands and pull the wire out of the slot—chewy candies, etc
3. **Foods High in Sugar Content** cause plaque and can also cause cavities—cookies, cakes and sodas.
4. **Crunchy foods** can knock off the brackets or cause them to loosen.

Some foods of this type are listed below with some ways that they may be eaten practically

Raw vegetables (carrots, celery, etc) - cut into thin slices of curls

Fruits (apples, pears, etc) - always cut into thin wedges

Corn on the cob - cut the corn kernels off the cobb before eating

French Bread, Bagels, Pizza - Tear or cut into small pieces and be very careful

CHEWING ICE CUBES, PENS, PENCILS AND FINGER NAILS IS NOT ALLOWED

In spite of all your care, you may damage your appliances by accident. If you do notice a loose or broken bracket, band, wire or if something comes out, please call the office. Save the band and bring it in with you. If you have a broken wire or a wire is poking out have it checked as soon as possible. A wire that is poking you can be adjusted by the General Dental Department to make you comfortable until your next orthodontic visit.

Brushing and flossing are very important. You should brush your teeth and appliances (inside and out) for at least 3 to 5 minutes. Your appliances should always be shiny and clean.

Poor oral hygiene (at all times) can lead to red, swollen and infected gum tissues. The tissues may grow over the bands and brackets. If this should happen wires may be removed by the doctor and the orthodontic treatment would not start again until the gum condition improves. You (or your parents) will be advised from time to time of the quality of your dental hygiene.

Sincerely,

Dr. Perry Do and Staff

I have read and understand the above.

Patient of Responsible Party

Date