



FOODS TO AVOID



AN OWNERS GUIDE TO BRACES

RULE #1:

KEEP THEM ON YOUR TEETH

- Do not eat anything hard, crunchy, sticky or chewy.

RULE #2:

PLEASE DO NOT DO THE FOLLOWING WHILE WEARING BRACES:

- DO NOT play with your brackets
- DO NOT bite fingernails
- DO NOT chew on pens or pencils will pop off brackets
- DO NOT bite into anything with your front teeth! Cut everything into small pieces and chew with your back teeth.

RULE #3:

PLEASE FOLLOW THESE INSTRUCTIONS WHEN EATING THE FOLLOWING:

- APPLES must be cut into slices or spears.
- CORN ON THE COB must be cut off the cob.
- CHICKEN AND RIBS must be cut off the bone.

RULE #4:

FOODS YOU ARE TO AVOID WHEN WEARING BRACES

- NO HARD CHIPS
- NO Doritos, Fritos or corn chips, No Hard Taco shells (soft shell tacos can be eaten)
- NO nachos or tostadas
- NO hard or sticky candy. No candy bars with nuts and caramel, Mints, Starbursts, Now & Laters, Fruit Roll-Ups, Tootsie Rolls, jelly beans, caramel, caramel apples, licorice, M&Ms
- NO nuts
- NO granola bars
- NO popcorn
- NO hard breads or crusts
- NO ice
- NO pretzels
- NO hard raw vegetables: carrots, celery and apples (eat only when cooked)
- NO regular gum (sugarless gum is ok)

THIS TOO SHALL PASS

Hang in there. The reward is a beautiful smile!

Please be kind to your braces. **The better you are to your braces the shorter the time you will have to keep them on your teeth.** Thank you for your cooperation.

SNAP A PIC OF YOUR NEW BRACES THEN LIKE, FOLLOW AND TAG!

- @DRNIRENBLATT
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