

ORTHODONTIC DIETARY GUIDELINES



RED LIGHT

(Never Eat!)

Nuts
Popcorn
Hard Pretzels
Pizza Crust
Croutons
Gummy Bears
Caramels
Jelly Beans
Licorice
Jujubes
Ice cubes
Skittles
Starburst
Smarties
Tootsie Rolls
Pens and Pencils
Foods high in sugar (e.g. pop, candy): *don't eat often and brush soon after.*



YELLOW LIGHT

(Use caution, must be cut or broken up and chewed carefully with back teeth.)

Nacho Chips
Bagels
Ribs
Chicken Wings
Raw Vegetables
Hard Fruit (i.e. apples)
Fruit with Pits (i.e. peaches)
Corn on the Cob
Crusty Bread



GREEN LIGHT

(Go for it!)

Ice Cream (no nuts)
Potato Chips
Steamed Vegetables
Pasta
Potatoes
French Fries
Soft Pretzels
Yogurt
Pudding
Jell-O
Soup
Sandwiches, Subs
Cereal in Milk
Cheese
Eggs
Milkshakes
Peanut Butter Cups

Healthy, Brace-Safe Snack Ideas

It's always a good idea to chew carefully, use bite-size pieces and brush after you eat.

1. Thinly sliced apples, dipped in yogurt dip or creamy chocolate sauce
2. Thin apple slices and peanut butter
3. Cheese and crackers
4. Cereal mix: Pack a Ziploc bag full for a great school-time or on-the-go snack. Mix your favorite low-sugar cereal with Goldfish crackers or Cheez-its and other braces-safe bites like mini marshmallows, raisins or dried cranberries
5. Peanut Butter Tacos: Peanut butter & low-sugar jelly or honey on a soft tortilla shell, rolled up for easy eating on the go
6. String cheese
7. Hummus & soft pita bread sections, or soft raw veggies, like zucchini or red pepper strips that are easy to bite and chew
8. Soft fruit: strawberries, kiwi, bananas, orange or tangerine sections
9. Sugar-free yogurt smoothies
10. Pizza wheels: Pizza sauce on an English muffin, topped with shredded mozzarella

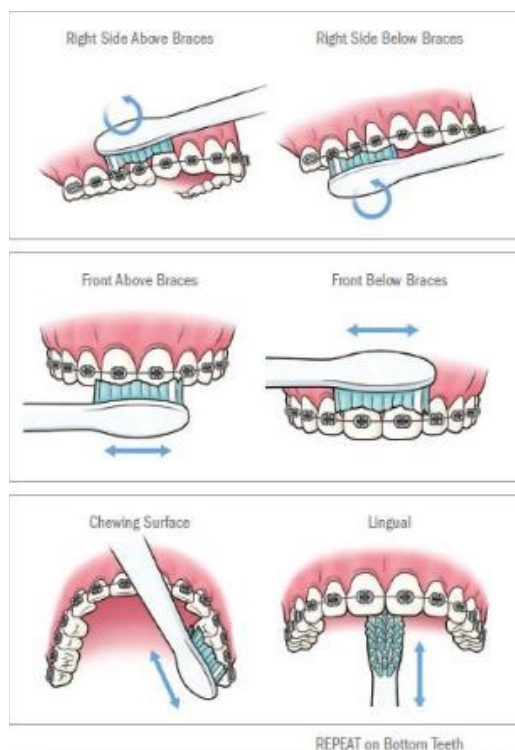
There's even a cookbook devoted to brace-friendly recipes, called ***The Braces Cookbook*** by Pamela Waterman, available on Amazon. It's a great resource for snack recipes, as well as healthy meals for brace-wearing individuals who want to avoid orthodontic issues.

With a little creativity, planning and the willingness to make some adjustments in your diet, it's easy (and tasty) to eat well while being a safety-conscious orthodontic patient.

CARE OF YOUR BRACES

- ◇ Now that you have your appliances, you must be sure to brush your teeth and gums better than ever before! Extra care must be taken in the area between the gums and appliances. We call this the “**Danger Zone**”. Food that collects around your bands and wire can cause stains and cavities as well as unpleasant odors, so be sure to keep them clean!! Brush after each meal. Take your time and do it right!
- ◇ Your orthodontic appliances will affect the food you can eat. In general, there are two types of food to avoid—hard/crunchy and sticky/chewy foods.
- ◇ Certain foods can be eaten if they are prepared appropriately.
 - * Whole foods and vegetables, such as apples and carrots, should be cut up and eaten in small pieces.
 - * Thin chips are allowed if broken up and eaten with your back teeth.
 - * Fresh corn may be eaten if sliced off the cob.
- ◇ Please exercise caution in your selection of food. **Use common sense.**
- ◇ Keep pencils, fingernails, etc. out of your mouth!

With your cooperation and effort we will achieve the best results possible!



CARE OF YOUR ORTHODONTIC APPLIANCE

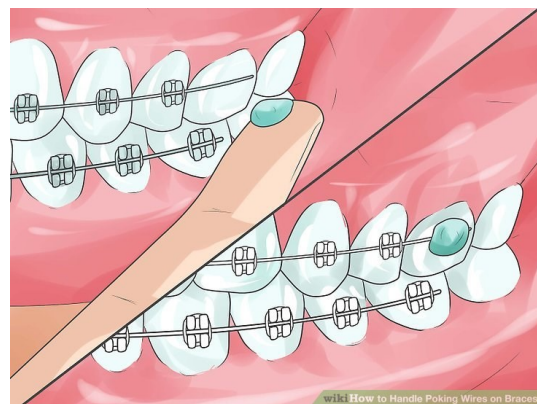
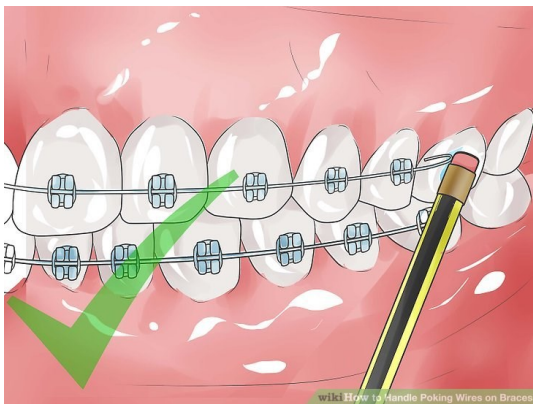
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- ◇ Your orthodontic appliances will affect the food you can eat. In general, there are two types of food to avoid—hard/crunchy and sticky/chewy foods.
 - ◇ Hard/Crunchy Foods: Ice, Hard Candy such as Life Savers and Jolly Ranchers
 - ◇ Sticky/Chewy Foods: Gum, Sticky candy such as caramels and taffy
- ◇ Certain foods can be eaten if they are prepared appropriately.
 - * Whole foods and vegetables, such as apples and carrots, should be cut up and eaten in small pieces.
 - * Thin chips are allowed if broken up and eaten with your back teeth.
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ORTHODONTIC PROBLEMS & SOLUTIONS

You may be able to solve many orthodontic problems temporarily by yourself until you are able to schedule a repair appointment with our office.

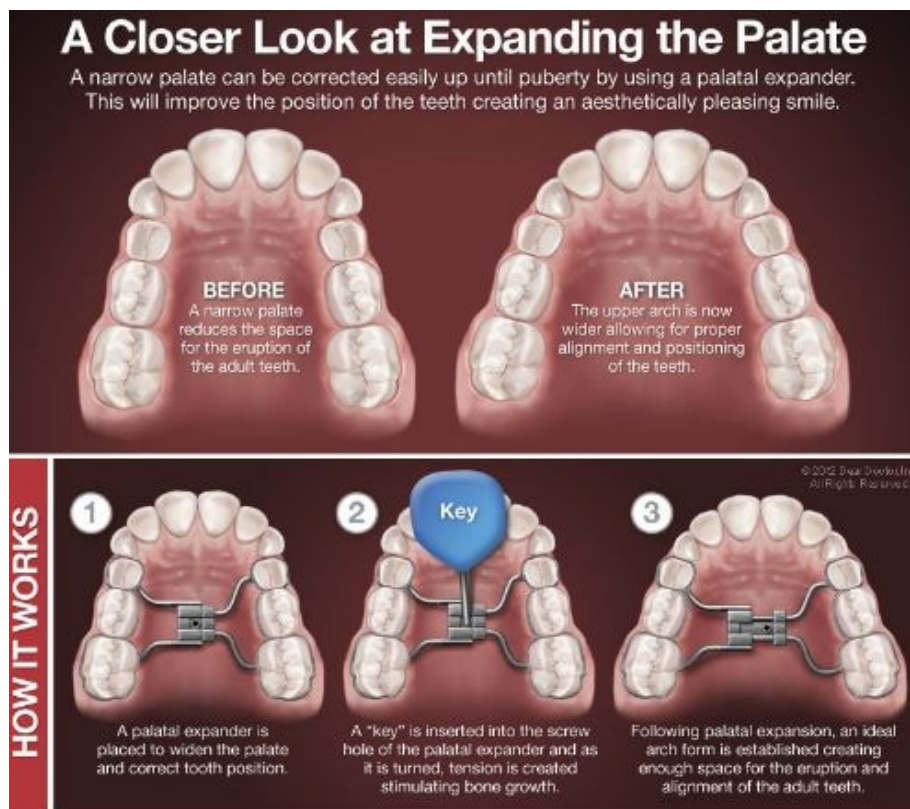
PROBLEM	HOME SOLUTION
LOOSE BAND OR BRACKET	If the band or bracket is still attached to the wire, leave it in place. If it is uncomfortable, place wax on it. If it comes out completely, please bring with you to the next appointment.
LOOSE WIRE OR POKING WIRE	PLEASE CONTACT THE OFFICE, 972-422-0277. Try to push the sticking wire down with a spoon or eraser. If not possible place wax over it.
LOOSE TIE WIRE OR ELASTIC TIE SORENESS	Notify us at your next appointment. Use warm salt water rinses and/or Tylenol®, or Ibuprofen.
HEADGEAR DOES NOT FIT	Sometimes caused by not wearing as prescribed. If facebow is bent call the office.
LOOSE APPLIANCE	If appliance is sticking or poking, place wax on it.



PALATE EXPANSION

You have been fitted with a special appliance to widen your upper jaw. As the appliance is activated each day, the two halves of your upper jaw gradually move apart, much like the changes that take place during growth. Here are some important things to know...

- ◇ The appliance is cemented to your teeth. Please do not eat any hard crunchy or sticky chewy foods that might loosen or break the cement! Popcorn should especially be avoided.
- ◇ To activate the appliance use the blue-handled key provided. No more than one turn per day is recommended. It's usually convenient to do this just prior to bedtime.
- ◇ Good vision and good lighting are important for ease of activation. Tip your head back and use a flashlight for a better view. Insert the key and push backward toward the throat until the key goes no further. Another hole should be visible for the next turn. Do not bring the key forward after turning as this will reverse the activation. Carefully remove the key by working it downward and backward.
- ◇ After a few days space may develop between the two upper front teeth. This is normal and the space will close the first few weeks after the turns are completed.
- ◇ Expansion is often completed in six weeks. Please keep your appointments faithfully as we check your appliance during this expansion period.
- ◇ Expansion needs to be held for 5 months after the last turn. Keep track of when your last turn is done.



RETAINERS

Your retainer is an appliance designed to maintain your teeth in their corrected positions. It is extremely important to wear your retainer as directed as your teeth begin to stabilize and the bone and gum around the teeth matures.

Wear Instructions

- ◇ Wear your retainers at all times except while eating, brushing or participating in contact sports. You will follow this protocol for the first ten months after your braces have been removed.
- ◇ The retainer's plastic taste will disappear quickly and your speech will return to normal within a few days of wearing your retainer.
- ◇ If you have soreness it will disappear within a few days. Occasionally a localized sore spot can occur after three or four days of wearing your retainer. If this occurs call our office for an appointment.

Care Instructions

- ◇ Keep your retainer clean by brushing it with toothpaste. You may want to occasionally soak it in Retainer Brite®. Excessive use of Retainer Brite® may damage your retainer so we suggest using it once a month.
- ◇ **NEVER** soak it in hot water.
- ◇ When it isn't in your mouth, keep your retainer in the special container given to you. Retainers wrapped in napkins get thrown away and those placed in pockets get broken or sent to the laundry. **NEVER** leave your retain in the sun or hot car as it may warp.
- ◇ Keep retainers away from pets. Retainers rank 2nd only to homework of things most frequently eaten by dogs!
- ◇ Six weeks after your braces are removed you will have a new impression for an invisible retainer called a Slip Cover (clear plastic retainer). Please bring both retainers to each appointment so they can be checked and adjusted as necessary.
- ◇ There will be a charge for additional retainers due to loss or breakage. PLEASE take care of your retainers to avoid this expense! Lab fees for replacement retainers range from \$190 to \$350. If you ever feel that your retainer has become distorted in any way please call so the appropriate adjustments can be made.



Proper care of your retainers is important to maintaining their life.

Separators (Spacers)

- ◇ The separators placed today are the small doughnut shaped elastic modules we put between your teeth.



- ◇ They are used to create space between your teeth so that the bands, “tooth rings”, can be accurately placed.
- ◇ Your teeth may become sensitive either today or tomorrow but the discomfort should disappear within a few days.
- ◇ To relieve any soreness, take Tylenol or Advil as directed.
- ◇ Avoid sticky foods as they can cause your separators to come out.
- ◇ Brush normally, but do not floss or pick between the teeth with the separators.
- ◇ If you lose your spacers before _____, call us and if necessary, we will replace your spacers.

Elastics

Elastics or “rubber bands” provide an important force in moving your teeth into proper position. When worn properly the teeth will move. When they are not worn, no progress is made toward completion of treatment. Please follow the instruction below for maximum progress with elastics.

- ◇ Elastics should be worn twenty-four (24) hours a day unless you have been instructed otherwise.
- ◇ Remove them only when you brush your teeth or eat meals. Then put them back on immediately.
- ◇ Carry extra elastics with you all the time. If one breaks you can replace it immediately.
- ◇ Should you lose them or run low, please call the office, 972-422-0277; and pick up a new supply or we will be happy to mail some to you.
- ◇ Sometimes teeth are sore when elastics are first begun. Usually this soreness lasts only a few days. Wearing elastics irregularly increases soreness and makes teeth harder to move.
- ◇ Elastics lose their strength the longer they are worn. Please put fresh elastics on four (4) times a day.
- ◇ Your elastics may be difficult to place on your braces at first. Placing them will be easier after you practice for a few days.
- ◇ If for some reason, you cannot wear your elastics as you have been instructed, please call our office, 972-422-0277, for an appointment in order that we might help you.

Our estimate of treatment time assumes elastics are worn as directed.

POOR ELASTIC WEAR WILL INCREASE YOUR TREATMENT TIME!

