



McNamara Orthodontics

Specialists in Orthodontics and Dentofacial Orthopedics
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"BRACE WATCHERS DIET"

Our goal is to provide you with a beautiful smile. This goal can be reached only if your braces stay attached to your teeth. Some types of foods are capable of breaking your bands or brackets, bending your wires, and breaking the cement under your bands or brackets so that these leak and possibly cause decay. All of these problems *prolong treatment time*.

A careful patient can eat a nutritionally balanced diet and still do no harm to their braces. The categories of foods listed below are the types that cause loose bands, brackets, and broken appliances. Please understand that this is only a partial list. Please use your best judgment to determine if the food item falls into one of these categories.

HARD FOODS

Please avoid all hard foods that crack when you bite into them, foods with hard centers, pits or bones, or tough foods. These foods are particularly bad if you have braces on your front teeth.

Ice	Hard pizza crusts
Popcorn (hard kernels)	Hard corn chips or nuts
Hard candies (<i>Lifesavers, Jolly Ranchers, etc.</i>)	

Bagels, Carrots and Apples (may be eaten if cut into small pieces, the size of a pencil)
Corn-on-the-cob (may be eaten if sliced off the cob)
Ribs, peaches, or anything which has a hard center (may be eaten if taken off the bone or pit)

STICKY AND CHEWY FOODS

Gum (not even <i>Freedent</i>)	Candies like <i>Now and Later,</i>
Caramels	<i>Gummie Bears, Sugar Daddy</i>
Taffy or toffee	Anything else sticky

SWEET FOODS

Care should be taken to limit the intake of sugary foods and drinks. Although they may not cause damage to your braces, they promote cavities. If you cannot avoid these items, limit them to once a day or less, and brush immediately after you eat. If you cannot brush, at least rinse your mouth out with water. Finally, drink all pop with a straw.

Cake	Ice cream	Chocolate
Pie	Cookies	Sweet drinks, soda pop, lemonade

Be a good "brace watcher": Notify our office immediately if braces become loose or broken. Do not wait for your next appointment. Check your braces daily.