



Artistic Dental

at the biltmore

Foods to Avoid with Braces

What Foods Should I Avoid with Braces?

Although braces have become sturdier with modern technology, it's still important to be careful not to damage them. Certain foods can damage braces components like the rubber bands, wires, or even the bracket itself. Generally, avoid all foods that are sticky, hard, or chewy. Soft foods are most recommended for those who wear braces because they are gentler on braces hardware.

Read the following list of foods to avoid as well as recommended foods for braces wearers.

Foods to Avoid When Wearing Braces

- Popcorn
- Nuts
- Hard taco shells
- Sticky and hard candy
- Gum
- Ice
- Corn chips
- Pretzels
- Hard cookies or crackers
- Sticky or hard chocolate

Try to avoid biting into hard foods with your front teeth. When possible, cut up these hard foods into smaller pieces:

- Raw vegetables
- Croutons
- French/Italian bread
- Fruit

- Hard rolls
- Thin crust pizza
- Meat
- Burgers
- Sub sandwiches
- Corn on the cob

DO NOT chew on pens, pencils, straws or fingernails

Recommended Foods When Wearing Braces

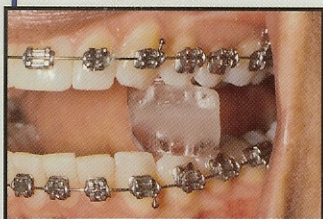
- Hull-less popcorn
- Yogurt
- Bananas, grapes, oranges, strawberries, and other fruits without pits
- Light crackers or cookies
- Cheese
- Mashed potatoes
- Peanut butter and jelly
- Ravioli, spaghetti, macaroni and cheese, and other noodle dishes
- Smoothies

Maintaining a healthy, nutritious diet is important for oral health and overall health. The healthier your body is, the better the results of your orthodontic treatment because a proper diet provides essential nutrients to bones and tissues undergoing significant change during braces treatment.

Preventing Problems with Your Braces

Cause

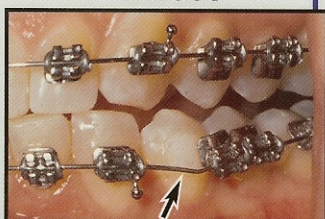
Effect



Biting Ice



Bracket Loose



Chewing on Pens or Pencils



Bent Archwire, Bracket Loose



Chewing Caramel



Band Loosened



Biting Whole Apple



Bracket Displaced

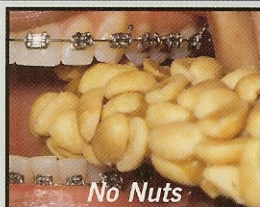


Special Caution

Drinking sodas while you have braces may cause permanent damage to your teeth.



Sugar + Plaque = Acid → Swollen Gums + White Spots + Decay



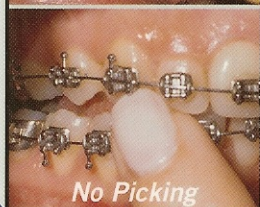
No Nuts



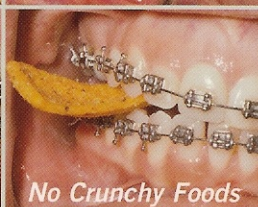
No Popcorn



No Hard Candy



No Picking



No Crunchy Foods



No Gum

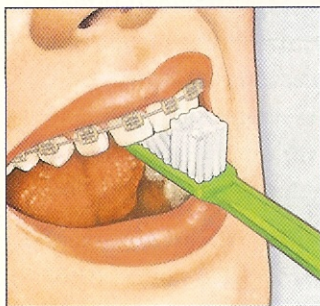
OVER

Caring for Your Mouth During Treatment

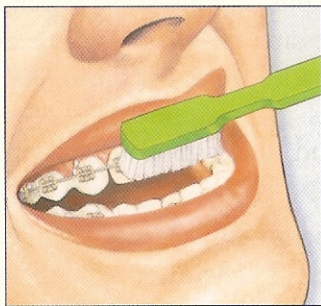
Your mouth needs extra care when you have braces. Brushing and flossing well help keep your teeth and gums healthy. Good care also helps prevent spotting on the teeth. If you have a removable appliance instead of braces, take care of it to keep it in good shape.

Brushing and Flossing

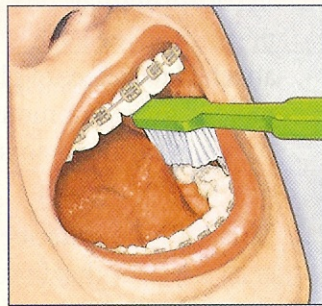
When you have braces, there are a lot of places for food to get stuck and plaque to build up. To prevent problems, it's best to brush after every meal or snack and to floss once a day. Use a soft toothbrush and a fluoride toothpaste. Your orthodontist may recommend floss threaders or other aids to help.



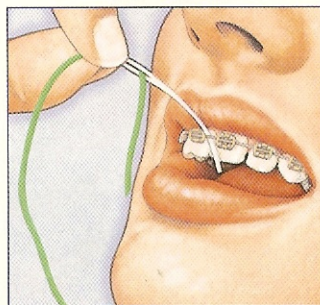
Brush the outside of each tooth, using a circular motion. Then brush the inside, using back-and-forth strokes.



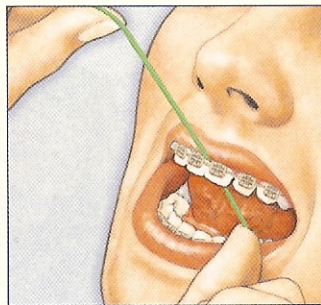
Brush slowly between the brackets and gums. Tilt the bristles into the gums, and brush using a circular motion. Be sure to brush the gums around the front teeth, too.



Clean the top of each tooth with a back-and-forth motion. Brush your tongue, too. Then rinse your mouth.



Insert the floss into a floss threader. Slip the threader behind the archwire and pull the floss through. Or use floss with a built-in threader.



Pull the floss between two teeth. Work it up and down under your gums. Repeat between every tooth. Then rinse.

Special Aids

Your orthodontist may suggest some of these aids to help you:

- An orthodontic toothbrush helps you brush around braces.
- An electric toothbrush makes brushing easier.
- An interdental toothbrush helps you brush spaces between teeth.
- A water pick clears food particles out of brackets.