

## Problem Foods when you have braces

Eating proper foods, minimizing sugar intake, and getting enough sleep are essential during your orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some soft and sticky foods can cause tooth decay and loosen or dislodge your braces.

### FORBIDDEN HARD FOODS



Hard candies



Popcorn



Beef Jerky



Ice cube



Nuts



Corn on the cob



Chocolate with nuts

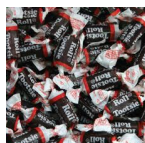
Whole fruits and vegetable such as apple, peach, and pear should be cut into small pieces and eaten carefully. Carrots should be cooked.



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**FORBIDDEN SOFT FOODS:** Bubble gum, sticky candies, caramel, taffy.  
Avoid soda pop, lemonade and drinks that contain sugar.



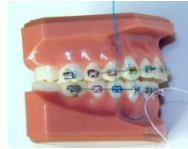
Use common sense when choosing food or drinks and avoid CHEWING on hard objects such as pens and pencils.

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The objective of orthodontic treatment is straightening of the teeth and correcting the bite. If the health of the teeth is ignored along the way, the treatment result can be significantly compromised. Therefore, effective brushing and flossing is one of the most critical actions needed from patients during braces. Regular visits to the general dentist for examination and cleaning are also essential.

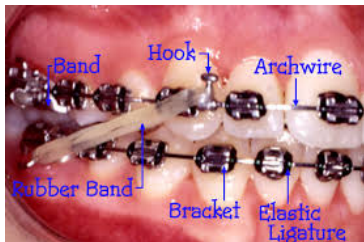
The results of inadequate oral hygiene include decalcification (white spots/marks), tooth decay, gingivitis (inflammation of the gums), and periodontal disease (bone loss).

The angle of the brush is important in order to clean all sides of the teeth and under the wires. Using floss between the teeth is also very important during braces. Floss can first be threaded underneath the wire by hand or with a flossing aid (i.e. a floss threader). **Water Pik** is also highly recommended in conjunction with flossing. (See images below)



Water Pik

Emergencies can be taken care of at home temporarily. Here are some examples of what you can do:



**Poking Wire:** If your cheeks, tongue or lips are sore from a sharp piece of your braces, place a small amount of soft dental wax that was given to you at your bracketing appointment and call us the next day. If you don't have wax, a little piece of wet cotton will also help until we can see you. You may try to push the poking wire with the end of a pencil eraser to tuck it behind the main wire. Call us during business hours for an appointment.

**Loose Band or Bracket:** If anything feels loose or broken, keep any parts that detach from your braces and carefully put them in a zip-lock bag. Call us during business hours and bring your broken pieces to the appointment.

**Missing Elastic or Metal Tie:** If you notice any of your braces missing the ties that hold the wire in place, the wire loose, or anything different, please call us during business hours for an appointment.

**Pain:** You may experience mild to moderate discomfort while chewing and biting. This discomfort will disappear in 3-4 days. Any over-the-counter pain medication that you take for a headache will help. If pain is severe or does not disappear with your usual pain medication, please call immediately for an appointment.