

SOUTHSIDE ORTHODONTIC CENTER

Please use common sense and be careful when eating with your braces:
Your braces can come un-glued with strong pressure from biting or sticky foods.

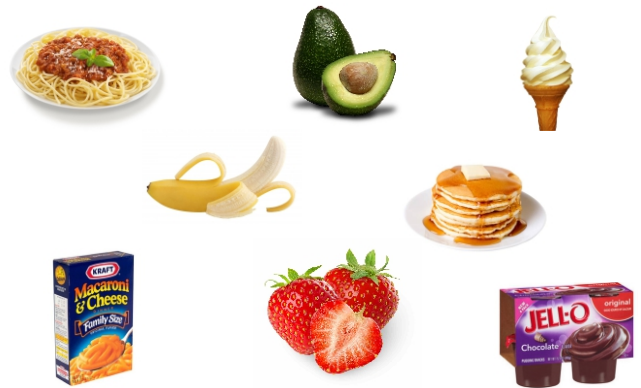
Avoid

Hard, Chewy, Sticky



Enjoy

Small, Soft



The glue that holds your braces on is not strong enough to resist heavy biting or hard, sticky foods. Below is a list of foods to avoid:

- ❖ Don't chew on ice cubes, or other hard objects like pens and pencils.
- ❖ Gum is OK, if it is sugar-free and non-stick. No gumballs or bubble gum (non-sugar free).
- ❖ Dark-colored carbonated beverages.
- ❖ Raw, hard vegetables not cut in small pieces: Carrots, apples, etc.
- ❖ Hard, crunchy snacks: Doritos, hard pretzels, corn-nuts, tortilla chips
- ❖ Sticky or hard candy: Taffy, caramels, jaw-breakers
- ❖ Hard shell nuts: Pistachios, peanuts, sunflower seeds
- ❖ Meat that is not cut in bite-sized pieces: Chicken, steak, ribs, etc.
- ❖ Hard-shell tacos and taquitos

✦ *If one of your braces is loose, please call to schedule an EMERGENCY visit to repair your braces as soon as possible* ✦

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