

# ORTHODONTIC DIET CHART

Foods that cannot be cleaned off the braces may lead to discoloration and decay of your teeth. Even though our wires and some of our braces are metal, they are fragile and are usually damaged by eating the wrong foods, thus taking us longer to finish our treatment.

## ABSOLUTELY NO

### GUM

SUGARLESS OR OTHERWISE

### STICKY FOODS

Licorice Sugar Daddies/Babies Gummy Bears Tootsie Rolls  
Toffee Caramels Starbursts Now & Laters

### HARD FOODS

Nuts Popcorn Hard candy Bagels Corn on the cob Ice  
Apples/Carrots (unless cooked or cut into small pieces) Jerky  
Pizza crusts Hard pretzels Turrónes Hard tacos Chips

## MINIMIZE SUGAR INTAKE

### EAT MUCH LESS

Candy Ice cream Cookies Cake Pie Foods with sugar

### DRINK MUCH LESS

Soda Sweetened tea Gatorade/Powerade Kool-aid  
Energy drinks

## AVOID CHEWING ON PENS, PENCILS, FINGERNAILS

# PROBLEMS AND SOLUTIONS

You may be able to solve many braces problems temporarily by yourself until you schedule a repair appointment with our office. These problems need not cause delay in your treatment.

### LOOSE BAND OR BRACKET

If band or bracket is still attached to wire, leave in place. If uncomfortable, place wax on it. If it comes out completely, place brace or bracket in a small plastic bag.

### LOOSE OR POKING WIRE

Try to place wire back in place with tweezers, a cotton swab, or eraser. If any discomfort, place wax on it.

### LOST TIEWIRE OR ELASTIC TIE

Notify us at next appointment.

### SORENESS

Use warm salt water rinses and/or Advil or Tylenol.

### HEADGEAR DOES NOT FIT

Sometimes caused by not wearing as prescribed. If facebow is bent, call office at once.

### LOOSE APPLIANCE

If appliance is sticking or poking, place wax on it.

**If you feel you are unable to handle a problem on your own, please call us as soon as possible!**



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