



**Mortenson**Orthodontics

480-963-8001



## THINGS TO AVOID WHILE IN BRACES/APPLIANCES

### STICKY FOODS

Caramels, Gummy Bears, Sugar Daddies, Now & Laters, Starbursts, Licorice, Tootsie Rolls, Taffy, NO BUBBLE GUM

### HARD FOODS

Apples, Carrots (cut into small pieces or cooked), Nuts, Popcorn, Bagels, Hard Pizza Crust, Jerky, Hard Pretzels, Doritos, Hard Candies, Taco shells (hard), NO CHEWING OR SUCKING ON ICE

### EAT MUCH LESS

Candy, Ice Cream, Cookies, Cake, Pie, or foods with lots of sugar.

### DRINK MUCH LESS

Soda, Juices, drinks with sugar. RINSE or BRUSH with water after these drinks.

**AVOID CHEWING ON PENS, PENCILS, AND FINGERNAILS.**

These are not all of the things that will break your appliances. Please be very careful whenever chewing, chew very gently. Do not bite down hard if you feel something between your teeth, you could be biting on a brace.

**CONTINUOUS BREAKAGE AND MISSED APPTS WILL DELAY  
YOUR TREATMENT.**