

Foods to Avoid With **BRACES & INVISALIGN ELASTIC HOOKS**

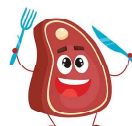
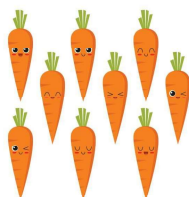
- **Sticky & Chewy Foods:** These can pull off brackets and wires.
 - Gum (sugar-free is ok)
 - Caramel, taffy, gummy bears, starburst, & other chewy candies
 - Licorice
 - Dried fruit, beef jerky
- **Hard & Crunchy Foods:** These can bend wires or break brackets.
 - Nuts and seeds
 - Popcorn (kernels are a common hazard)
 - Hard candies, Jolly Ranchers, and jawbreakers
 - Hard pretzels
 - Hard taco shells, Doritos, Takis, Cheetos, Fritos
 - Hard/ Thick Pizza crust
- **Foods You Can't Bite Into Whole:**
 - Whole apples or pears
 - Corn on the cob
 - Bone-in ribs, wings, or bagels
- **Harmful Habits:**
 - Biting on ice, pens, or fingernails
 - Using your teeth to open or tear things open

Tips for Eating Safely

- **Cut It Up:** For hard fruits and vegetables (like apples, carrots, and pears), always cut them into small, bite-sized pieces before eating.
- **Remove Meat from Bones:** Take meat off the bone before you eat it, or choose softer, ground meats.
- **Break Up Hard Foods:** Break hard bread, bagels, and tough crusts into small, manageable pieces.
- **Be Cautious:** A general rule is if it looks hard or sticky, it's best to avoid.

Brushing & Flossing

Brush 3x a day (after every meal), **Floss** and use fluoride before bed, **Cleanings** every 6 months.



Emergency Tips

- **Loose band/ Loose Bracket :** If a Band or Bracket is loose but still engaged to the wire, leave in place, and apply wax to hold in place/ discomfort.
- **Loose Wire/ Pokey Wire:** If the wire is sticking out try to push it back in with tweezers, spoon or an eraser. If that is not possible, try to clip the wire with fingernail clippers, or place wax.
- **Loose Expander/ Herbst appliance:** If the appliance is sticking or poking, place wax.
- **Clear Invisalign Attachment off:** Ensure Invisalign tray/ aligner fits properly.
- **Invisalign Elastic Hook / Elastic Button off:** Stop elastic/ rubberband wear.
- **Invisalign Aligner Not fitting well:** Use chewies to help the aligner fit properly.
- **Soreness:** Try doing warm salt water rinses to help you heal faster, or pain reliever medication.

*If you are unable to confidently address these issues on your own- call our office for guidance.

* Call the office to inform of breakage/ discomfort and schedule repairs.

