



FOODS TO AVOID

Any sticky or chewy candies such as...

- gum
- toffee/caramels
- jujubes
- gummy bears

Any hard foods or candies such as....

- suckers
- mints
- jaw breakers
- candy canes
- ice cubes
- nuts
- popcorn kernels

FOODS TO CUT UP / BE CAREFUL OF

- raw vegetables (carrots)
- hard fruits (apples, pears)
- corn on the cob
- chicken wings / ribs

Please exercise common sense when eating with your braces. Broken braces extend your estimated treatment time. However, accidents do happen, so please let us know as soon as you realize that you have a broken brace. We will accommodate you as soon as possible. Thank you for your co-operation!