

# PREVENTING PROBLEMS

CUT IT UP OR CUT IT OUT

## Ice Ice Baby

This is probably the #1 breaker of brackets! So let your ice melt in your mouth...do not chew it.

## Apples, Carrots and the like

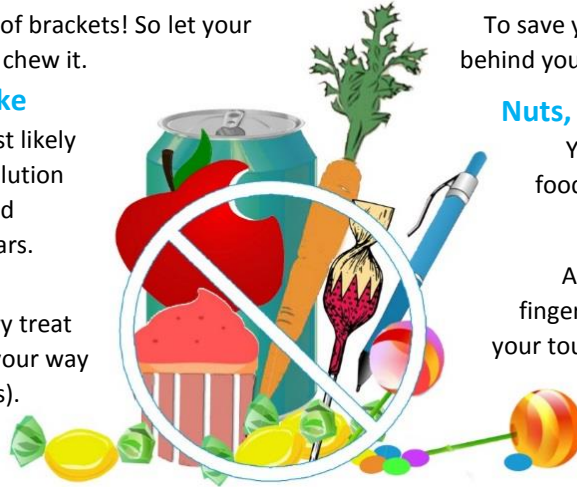
Biting into these whole will most likely break off a bracket. A simple solution is to cut them up into pieces and chew them with your back molars.

## Caramel

Care enough to avoid this chewy treat or loose bands will be headed your way (and then you'll be headed ours).

## Popcorn

Those pesky popcorn kernels can get stuck under your gums or brackets.



## Pens & Pencils

To save your braces, put your writing utensils behind your ear instead of between your teeth.

## Nuts, Hard Candy, Hard Chips, Jerky

You'll want to avoid any of these hard foods that break your braces. Awe, nuts!

## Habits

Avoid picking at your braces with your fingernails and/or excessive fidgeting with your tongue. Breakage can occur, then you'll have to pick when to come see us.

## Soda Caution

Drinking sodas or other sugary drinks in excess while in braces can cause permanent damage to your teeth.



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