

Instructions for Orthodontic Care

The general rule for types of foods **NOT** to eaten are: hard crunchy foods, soft sticky chewy foods and acidic foods.

HARD FOODS

Hard candies such as Lifesavers, Jolly Ranchers, Now-n-later, sourballs, suckers, Sprees and Tic-Tacs,

Popcorn

Ice

Chips such as Doritos, Tostitos, Nacho chips, O'Grady potato chips, Krunchers, corn chips.

Hard shell tacos, hot pretzels, hard pretzels. (Soft shell tacos, regular potato chips and pretzel sticks are ok.)

French Bread, Kaiser rolls and chewy breads.

Peanuts, Walnuts, etc. Even if cut up in cookies, brownies or cakes.

Sugar cones

Crunchy Peanut Butter

SOFT FOODS

Gummy bears, licorice, chewing gum (especially Bubble Gum), caramel (candy bars with caramel), taffy, Snickers, Milky Way, Charleston Chews. (Three Musketeers, plain Hershey and Reese's peanut butter cups are ok.)

ACIDIC FOODS

Carbonated soft drinks.

Large quantities of Oranges and lemons or juices.

Certain foods are OK to eat if they are served properly. Carrots, celery and apples can be eaten if sliced or cut into small pieces. Fresh corn on the cob can be eaten if it is sliced off the cob.

MISSED APPOINTMENTS

Missed appointments can also delay treatment. In our office appointments are generally scheduled for every 4-6 weeks. If an appointment is missed and you do not call to reschedule within the next few days it is likely your new appointment will not be scheduled until a month later. It is very important to keep your regular appointments so constant movement can be maintained.

With proper care and cooperation the best possible results can be achieved. We hope we can make this experience a good one and are open to any suggestions you may have so that we may serve you better in the future.

In the event of a broken bracket there will be a \$25 per bracket fee charged