

Pediatric Dentistry and Orthodontic Specialists of Michigan



PEDIATRIC DENTISTRY

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BEING CAREFUL WITH WHAT YOU EAT IS ONE OF THE MOST IMPORTANT FACTORS IN ACHIEVING THE DESIRED OUTCOME OF YOUR ORTHODONTIC TREATMENT

THE FOLLOWING FOODS SHOULD BE AVOIDED:

GUM
TAFFY
STARBURST
SKITTLES
CARAMEL
FRUIT SNACKS
GUMMY BEARS/WORMS
TOOTSIE ROLLS
MARSHMALLOWS

ICE
HARD CANDIES
HARD BREADSTICKS
HARD TACO SHELLS
HARD PRETZELS
PEANUTS
POPCORN
BEEF/TURKEY JERKY
CORN ON THE COB

THE FOLLOWING FOOD IS OKAY IF CUT INTO BITE SIZED PIECES:

BAGELS
PIZZA (CRUST)
APPLES

MEAT
HARD CRUSTED BREAD
CRISP VEGETABLES

LIQUID SUGARS ARE THE MOST DANGEROUS FOOD WHILE BRACES ARE BEING WORN – THEY CAUSE WHITE STAINS AROUND BRACES AND CAVITIES BETWEEN THE TEETH. THESE MUST BE RARELY CONSUMED.

POP
GATORADE

ACIDIC FRUIT JUICES
LEMONADE

IF IT IS HARD, STICKY, OR CRUNCHY: THINK BEFORE YOU EAT! NEVER CHEW ON PENS, PENCILS, UTENSILS

THERE MAY BE A CHARGE FOR BROKEN APPLIANCES/BRACES IF BREAKAGE OCCURS ON A REGULAR BASIS

“Special Care From The Beginning”