



“NO-NO” LIST

Please be careful to protect your braces (brackets and wires) and other orthodontic appliances when you eat. If you faithfully follow our instructions and avoid chewing on hard or sticky items and avoid the foods on the “No-No” list below, you will give yourself the best chance to finish your treatment on time with the best possible results. Remember that **every broken bracket could add 6 weeks or more** to your treatment time.

Ice — This is one of the worst things you can chew with braces! It will destroy your brackets and bend your wires.

Nuts — No nuts of any kind. In the game, “Paper-Rock-Scissors-Braces-Nuts,” nuts win every time!

Pretzels & Hard Chips (Doritos, Tostitos, Fritos, Takis, etc.) — These bend wires and knock brackets off your teeth. Processed carbs also hang around and feed bacteria on your teeth increasing risk of cavities and white spots.

Popcorn — Un-popped kernels break brackets and kernel shells lodge under gums resulting in swollen, bleeding gums and pain.

Hard Rolls, Breads, Pizza Crusts & Bagels — Similar to hard chips, these bend wires and knock brackets off your teeth.

Raw Fruits & Vegetables (Carrots, Apples, Celery, etc) — Don’t totally avoid these foods, just cut them into small pieces and chew with back teeth. Do NOT bite into them.

Corn on the Cob— Cornhuskers can’t avoid corn! Just cut the corn off the cob.

Beef Jerky/Slim Jims— These are tough as nails. They will break brackets and wires.

Hard Candy (Suckers, Sweet Tarts, Jolly Ranchers, Now & Laters, Gobstoppers, Frozen Candy Bars, etc.) — Nobody can get to the end of a hard candy without biting/chewing. These will break brackets and bend wires. They also feed bacteria and increase the risk of cavities and white spots.

Sticky Candy (Caramel, Taffy, Bubble Gum, Gummy Bears, Fruit Roll-ups, etc.)— Sticky, sugary things loosen wires and get stuck around braces. They are hard to clean off, and increase the risk of cavities and white spots.

Pens & Pencils, Bottle Tops, Toys, etc.— These are some common non-food objects that will break brackets when chewed.