

Things to Keep Away From with Braces

Sticky Things like...

laffy taffy, skittles, sour patch kids, gushers, fruit snacks, swedish fish, tootsie rolls, etc.
These snacks can pull your brackets off!

Sugarless gum is OK!



Hard Things like...

Hard candy: suckers, jolly ranchers, etc.
School/office supplies: pens, pencils, etc.
Popcorn kernels, nuts, beef jerky, etc.
Don't chew on ice!

These snacks can break your brackets and archwires!



Crunchy Things like...

thin pizza crust, hard shell tacos, chips like doritos, cheetos, fritos, etc.

With fruits and vegetables, either cook them or cut them into pieces and chew with your back teeth to avoid breaking a bracket.



Drinks like...

anything other than water and milk.

Regular, diet, dark and clear sodas contain acids and a ton of sugar that can leave permanent scars on your teeth!

Sports drinks can be just as bad as soda when it comes to the health of your teeth.

Be careful of sugars in juices as well!