

Following proper eating instructions is an essential part of orthodontic treatment. Not following these instructions can result in broken orthodontic appliances, which will significantly delay your orthodontic treatment.

Eating hard food can cause your braces to break off and damage the wires. Loose brackets can cause discomfort to the inside of your cheeks and lips and damaged wires can cause teeth to move in the wrong direction. Sweet, sugary and acidic foods must be avoided as the sugar sits around your braces and will permanently damage the tooth enamel. Avoid soft drinks altogether and have other sweet treats in moderation.

Listed below are some examples of food that you should **avoid**. PLEASE NOTE THAT THESE ARE JUST SOME EXAMPLES. THE LIST IS A GUIDE AND DOESN'T INCLUDE EVERYTHING.

**\*\*If you have any doubt about eating something, it may be better to avoid it\*\***

### Examples of hard foods:



Whole apples



Carrots



Nuts



Muesli bars



Popcorn



Meat on the bone

### Examples of sugary/acidic foods:



Soft drinks



Sports/energy drinks



Cordial & Juice



Bubble gum



Lollipops



Sticky/chewy lollies