



L. SEAN MULLINS
ORTHODONTICS

Guiding You To A Great Smile!

FOOD FOR ORTHODONTIC THOUGHT

NO – NO – LIST

THINGS YOU SHOULD AVOID DURING TREATMENT

SODAS, ENERGY DRINKS, SPORTS DRINKS...frequent use can significantly increase your risk for cavities.....**Sip all day, get decay!**

ICE...A thousand times NO. It will totally destroy your braces.

PIZZA CRUST...The hard crust bends wires.

HARD PRETZELS...Bends wires, loosens bands, knocks off brackets.

DORITOS, HARD TACOS, TOSTITOS, CHEETOS, FRITOS and the like...

Will form a hard ball and break your braces

CARAMEL CANDY, BUBBLE GUM...Sticky goo which pulls off wires and feeds the bacteria in your mouth.

HARD ROLLS, BAGELS, BONES...Bends the wire and knocks off brackets.

BEEF JERKY, SLIM JIMS...Tough as nails

SUCKERS...You might be tempted to bite.

NUTS...No nuts of any kind.

RIBS...Knocks off brackets.

PENS AND PENCILS...Favorite exam time food, breaks everything.

POPCORN...The tiny hulls get between the gums and bands.

RAW CARROTS...Hard as rocks.

Eating these foods will loosen the braces, but you may not discover the problem until hours or days later.. Surprise! Loose bands, broken wires, and detached brackets cause a longer treatment time.