



## **No... No... list of foods & items**

We cannot possibly list each item of food that you need to resist so we use some descriptive words to help you. **If it's sticky, gooey, hard, or crunchy, it's a no...no...**

**Candy:** The only candy safe to eat is chocolate. If it is not chocolate, you cannot have it. Snickers, Almond Joy, PayDay & Peanut M&M's are not ok. All nuts are not allowed. All chewy candy and hard candy you cannot have. This includes Fruit snacks & Fruit roll-ups. Sugar-Free Gum is ok. 😊

**Chips:** If the chips are not smooth and thin you cannot have them. Pringles and Classic Lays are allowed and Puffs. Cheetos, Fritos, Doritos, Tostitos, Pretzels, Popcorn, Wavy Lays, Krunchers, Takis & Kettle chips are not allowed.

**Fruits and Veggies:** No Raw Carrots (only steamed or cooked). Corn on the Cobb must be cut off the Cobb. Apples need to be in bite-size pieces. Wedges and whole apples are not ok to bite into.

**Pens and Pencils:** Please do not chew on pens, pencils, or hoodie strings, your nails, or anything that will cause breakages.

**Meat:** ALL meat on a bone must be cut off the bone.

**Chewing Ice:** this is a big no-no and is bad for your teeth even when you don't have braces.

### **Friendly Reminders**

Brush those teeth 2-3x's a day

Chewing sugar-free gum helps exercise those teeth so they are not so sore.

So.. chew, chew, chew. 😊

Please wear your rubber bands as instructed. This is a very important part of your treatment.

When something breaks, always... call to let us know; even if we are closed we ask that you leave a message. This is important to keep you on track for your estimated treatment time.

Remember to continue to see your Dentist for exams and cleanings.

Healthy teeth are a part of successful treatment.

Sugar-free gum is great for pokey wires and brackets if you are out of wax or wax won't stick well.