

HARRINGTON ORTHODONTICS

Designing beautiful smiles for generations.



A careful orthodontic patient can eat almost any food and not damage the appliances. However, these three types of foods may cause trouble as can many other foods. Use common sense and if in doubt, avoid it.

HARD FOODS may do damage by bending wires, loosening cement under the bands or breaking the brackets and tubes which are attached.

STICKY FOODS damage appliances by bending wires and are very hard to brush away.

FOODS HIGH IN SUGAR CONTENT avoid whenever possible. If you do eat any of them, brush your teeth immediately. If it is not convenient to brush, then always rinse your mouth with clear water after eating very sweet foods such as cake or pie.

DO NOT EAT: Popcorn (fluffy parts are OK), Nuts, Peanut Brittle
Ice (not even if you are careful), Gummy Bears,
Fruit Roll-Ups, Jolly Ranchers, Laffy Taffy, Caramels,
Bubble Gum (or any type of gum) a thousand times NO!

Be Careful With: Carrot Sticks, Celery Sticks, Pizza Crust,
Apples (cut into wedges; don't bite),
Hard French Bread (if you take small pieces and are very careful),

Corn Chips, Corn-on-the-Cob (cut off)