

# TIPS AND TRICKS

## BRACES



What you eat can cause dental problems. Every time you eat foods containing sugar, the bacteria in your mouth grows and produces acid which causes tooth decay.



The bands and brackets on braces create many small spots for food and plaque to hide and cause decay.



Avoid tough meats, hard breads, and raw vegetables. As long as you are wearing braces you need to protect them.



When you first get braces, you may feel some pain in your mouth and your teeth may be tender for three to five days.



Your lips, cheeks and tongue may become irritated for one to two weeks as they get use to the surface of the braces. Try putting wax on the braces to lessen the discomfort



It is important to brush and floss regularly when you have braces, so your teeth and gums are healthy after your braces are removed



### Foods to Avoid

- Chewy foods such as bagels and licorice
- Crunchy foods such as popcorn, ice and chips
- Sticky foods such as caramels and gum
- Hard foods such as nuts and candy
- Foods you have to bite into such as corn on the cob and apples

Try to avoid chewing on hard things such as pens, pencils or your fingernails. Which can damage the braces or cause your treatment to take longer

