

Important Advice Regarding Food

Some foods cannot be chopped small enough to eat. It is best to avoid them. Apples, raw vegetables, meat on the bone e.g ribs or chicken wings, nuts, crisps chocolate with nuts, biscuits, caramels, toffee, nougat, chewy sweets, mints, hard boiled sweets, gummy bears, chewing gum, cola bottles, fruit pastels & anything similar to these sweets. Do not eat crusty bread, baguettes, bagels, burgers or paninis. Choose soft fillings for sandwiches. Tear small pieces off to eat. Limit sugary products and cut out fizzy drinks.

REMEMBER:

- Do not bite into any foods.
- Do not eat chocolate straight from the fridge.
- Do not bite or chew pen lids.
- Do not bite your nails.
- Do wear a mouth guard when playing contact sports.
- Breaking your brace prolongs your treatment & can have adverse effects.
- Looking after your brace helps you to have the best possible result.

Dental Health

Having a great smile is the goal at the end of orthodontic treatment but this cannot be achieved by the clinician alone. Make sure your teeth are healthy and white with a regular home brushing regime. Brush with a flouride toothpaste at least twice a day and after eating to remove debris. Remember to brush your gums so they are pink and healthy.