



FOODS TO BE AVOIDED - APPLIANCES

It is important to avoid foods that are STICKY or HARD.

Here are some examples of foods to avoid during appliance wear:

POPCORN...the little kernels can get stuck under the bands causing gum irritations/infections.

BEEF JERKY

STICKY and HARD CANDY, FRUIT ROLLUPS

DORITOS, TACOS, HARD CHEEZIES, PRETZELS

HARD ROLLS, BAGELS

ICE (when chewed)

NUTS

HARD PIZZA CRUST

RAW CARROTS

BUBBLE GUM

Eating these foods and any other sticky or hard foods will loosen or break your appliance, but you may not discover the problem until hours or days later. . . Surprise!

Loose or broken appliances and bands can cause a longer treatment time.