

guide to eating with a fixed brace

When wearing fixed braces it is important to understand that hard, crunchy and chewy foods are not good for the braces. Advice on diet from orthodontic specialists will focus on the welfare of the braces and you will be warned against toffees, popcorn, gum and hard foods such as crunchy apples or carrots, nuts and crusty bread.



You must avoid eating: **HARD FOODS** which can do damage by bending wires and pulling loose cement under the bands or breaking the brackets and tubes which are stuck on the teeth. (Foods such as nuts, caramel and popcorn.)

STICKY FOODS which can damage appliances by bending wires and pulling cement loose. (Foods such as toffee or bubble gum.)

FOODS HIGH IN SUGAR CONTENT because sugar will feed the bacteria that cause plaque and as braces make it harder to keep your teeth clean the plaque will be harder to remove and could really damage you teeth. If you do eat anything sugary you must brush your teeth immediately. If it is not possible to brush then always rinse your mouth with clear water or mouthwash after eating very sweet foods. (Foods such as sweets, chocolate and fizzy drinks.)

During Treatment Avoid Eating Or Drinking:

- Popcorn
- Fizzy drinks
- Nuts
- Hard baguettes and pizza crusts
- Lemons (pure lemon juice can hurt your tooth enamel)
- Crisps
- Sweets and chocolate
- Caramel and toffee
- Bubble gum and chewing gum
- Biscuits and cakes
- Corn on the cob

During Treatment You Must Definitely Avoid:

- Ice crunching
- Nail biting
- Chewing pens

It is important to avoid fizzy drinks and hard foods during treatment. When wearing braces you should definitely avoid chewing pens.

If you have a broken brace you should contact us immediately.



During Treatment We Recommend Soft Foods Like:

- Rice
- Pasta
- Soup
- Banana's

Soft foods are recommended during treatment

If you have a broken brace you should contact us immediately.

You should continue with proper oral hygiene and all your regular dental appointments.



During Treatment You May Be Able To Eat:

- Carrot sticks
- Apples and Pears

Try slicing your carrot into curls that are thin or cook them.

Try cutting apples and pears into wedges.

Don't try to bite into the whole fruit

Although some foods are OK to eat when wearing braces, you should still take care when eating some foods.

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