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THE “NO-NO” LIST

(1) DO NOT EAT HARD FOODS!

Hard foods damage your braces by bending wires, loosening glue, and/or breaking off your bands and brackets.

ABSOLUTELY NO:			
Ice	Popcorn	Corn Chips	Lollipops
Nuts	Hard Candy	Carrots (whole)	Hard Crisp Tacos
Bagels	Corn-on-the-Cob	Apples (uncut)	Hard Bread
Pizza Crusts	Hard Pretzels	Beef Jerky	Starbursts

(2) DO NOT EAT STICKY FOODS!

Sticky foods damage your braces by bending wires and pulling the glue loose.

ABSOLUTELY NO:			
Bubble Gum	Gummi Bears	Tootsie Rolls	Fuzzy Peach Candy
Caramel	Taffy	Starbursts	Sticky Chocolate
Caramel Apples	Toffee	Berries Candy	Any Sticky Candy

(3) MINIMIZE FOODS HIGH IN SUGAR CONTENT!

Avoid all foods high in sugar content. Brush your teeth immediately if you eat any of these foods. If it is not convenient to brush, always rinse your mouth with clear water after eating very sweet foods (such as chocolate and cake).

MINIMIZE SUGAR INTAKE FROM:			
Cake	Ice Cream	Soft Drinks	Chocolate
Pie	Cookies	Sweet Fruit Drinks	Any Sweet Foods

(4) DO NOT CHEW ON PENS, PENCILS, OR FINGERNAILS!

(5) DO NOT USE FINGERS TO PLAY WITH APPLIANCES!