

# Food & Items That Cause Harm to Braces

**Sticky foods can get wrapped around your braces and appliances and cause them to break and come loose. Hard foods can break your braces and cause damage to your appliance.**

## Sticky foods to avoid:

- Tootsie Rolls®
- Starburst®
- Skittles®
- Mike and Ike®
- Caramels
- Now and Later®
- Taffy

## Hard foods to avoid:

- Ice Cubes
- Hard Candies
- Beef Jerky
- Popcorn Kernels (fully popped is fine)
- Hard Granola Bars
- Suckers/Lollipops
- Hard Breadsticks

Do not chew on pens, pencils, or fingernails.

## Foods you can still enjoy but need to cut into smaller pieces:

- Apples
- Carrots
- Celery
- Pizza Crust
- Bagels
- Chips
- Taco Shells

It is also important to stay away from high-sugar and highly-acidic drinks, such as:

- Pop
- Diet Pop
- High-Sugar Fruit Juices
- Gatorade®
- Powerade®
- Energy Drinks

## You may still enjoy:

- Water
- Milk
- Crystal Light®
- Gatorade G2®
- Propel®

# Taking Care of Your Teeth During Orthodontic Treatment

## 3 Steps to Success

- Brush 3 times per day, for a total of 10 minutes a day; floss 1 time per day. Brush every evening with a pea-sized amount of ClinPro 5000. You can brush with your referred toothpaste the remainder of the day.
- Rinse with Crest Pro-Health mouthwash 2 times per day - once in the morning and once after dinner. This can be purchased in stores.
- Use gum or breath mints that contain Xylitol (it must be the first ingredient on the label) 4 times per day. Chew gum for 5-10 minutes after each meal. We recommend Epic Gum, which is available in fresh fruit, cinnamon, and mint flavors and available for purchase at the front desk.

## What is Xylitol?

Xylitol is a natural sugar found in many fruits and vegetables as well as birch trees. It is a healthy, natural, cavity-preventing sweetener that has been used in foods since 1960 and was FDA approved in 1963.

**Why use Xylitol?** It's a safe and natural sugar substitute that helps reduce new tooth decay. It's convenient to use in chewing gum and mints.

**How does Xylitol work?** Cavities are caused by bacteria that feed off of the sugars in the foods we eat. Xylitol is a natural sweetener that disrupts the bacteria.

**Can Xylitol prevent tooth decay?** Yes, by fighting and reducing plaque formation and by stimulating saliva, a natural tooth protector. It has been shown to reduce cavities up to 80 percent.

### How much or how often should you use Xylitol?

- Consistency is the key -- 3 to 5 times per day for 10 minutes.
- Use immediately after eating or snacking.
- Use in conjunction with regular brushing and flossing.

### What are the benefits of Xylitol?

- Prevents cavities by up to 80 percent, which saves you money.
- Inhibits the ability of cavity-causing, plaque-forming bacteria to produce acids and stick to teeth, gums, and tongue.
- Less plaque is able to form -- greatly enhancing oral health.
- Helps reverse early cavity formation.
- Can reduce ear infections by up to 40 percent.
- Can minimize and prevent unattractive tooth scarring and puffy gums during orthodontic treatment.
- Acceptable for non-insulin-dependent patients.

**Warning: Xylitol can be toxic to dogs.** The American Society for the Prevention of Cruelty to Animals Poison Control Center is warning veterinarians, their staff, and pet owners that Xylitol can cause serious and possibly life-threatening problems for dogs. Dogs ingesting large amounts of products sweetened with Xylitol may have a sudden drop in blood sugar, resulting in depression, loss of coordination, and seizures, according to Dr. Eric K Dunayer, a consulting veterinarian in clinical toxicology for the poison control center. The center is most concerned about products in which Xylitol is the primary ingredient. These signs can develop quite rapidly, at times less than 30 minutes after ingestion of the product. Therefore, it is important that pet owners seek veterinary treatment immediately.

# Emergency Care & Repair During Orthodontic Treatment

## Repair or Emergency?

Below are guidelines that will help us understand if you need a repair appointment, or if you have an emergency that needs to be addressed immediately. If you experience any of these, let us know.

## What is a Repair Appointment?

Depending on what is needed, you will either schedule a repair appointment or we will handle the issue at your next visit.

- Loose bands or brackets
- Broken arch wire
- Elastic Ligatures
- Broken or lost appliances
- Poking wires

If any of these happen on an evening or weekend follow instructions below and call our office on the next working day - Monday-Friday. The receptionist will let you know if it is an immediate concern that should be addressed, or if it can wait until your next regular appointment.

## What You Can Do Until Your Repair Appointment

**Loose bands or brackets:** Try to remove the loose band or bracket with finger pressure. You may have to remove the tie wire or elastic ligatures first. (Use a finger nail clipper for this.) Brush well around the area. Save your band or bracket and bring them to your next appointment.

**Broken arch wires:** Cover the loose ends with wax.

**Broken or lost appliances:** If a retainer or appliance is broken, stop wearing it! If you lose an appliance, call us for an appointment. It's okay to continue to wear your appliance if it is only cracked (not broken).

## What is an Emergency Appointment?

If your appliance breaks or you have concerns with it. Call the office during regular business hours. In case of a true emergency after hours, call our office to be directed to our emergency line. True emergencies include:

- An injury
- Significant pain
- An infection



# Your Orthodontic Appliance

