



Dr. David Daniels, DMD

[www.danielsorthodontics.com](http://www.danielsorthodontics.com)

### **WHY ARE MY BRACES COMING LOOSE?**

This list provides examples of what can cause damage to your braces. Over the years, we have compiled this list of things that patients often do not realize are causing them problems. Please review the following and remove them from your diet while in treatment.

#### **CANDY TO AVOID**

**Hard, sticky, or gummy candy like:**

- \*Laffy Taffy
- \*Sour Patch Kids
- \*Gummy Bears/Gummy Worms/Swedish Fish
- \*Starbursts
- \*Tootsie Rolls/Tootsie Pops
- \*Snickers
- \*Skittles
- \*Gum
- \*Twizzlers

**Safe Options:** Lays/Pringles, Pirate's Booty, Cheese Puffs, Nutrigrain Bars, Goldfish, Cheez Its

**Remember to:** Cut fruits with a core or pit in slices (apples, peaches, pears) and fresh veggies (carrots, etc.) into small pieces. Take meat off of the bone (chicken wings, ribs, pork chops) and corn off the cob. Tear bagels and soft pizza crust into small pieces. Toast breakfast breads lightly, not too crunchy! Keep fingers, pens, and pencils out of your mouth.

**\*Wear your mouthguard while playing contact sports. We recommend the Shock Doctor brand at Dick's Sporting Goods/Amazon\***

### **WHY ARE BROKEN BRACES BAD?**

- A. Treatment takes longer
- B. Broken braces give Dr. Daniels gray hair
- C. Your treatment will take longer so you have gray hair
- D. All of the above

**IF A BRACE IS NOT ATTACHED TO YOUR TOOTH, IT IS BROKEN!**  
**PLEASE CALL AHEAD OF YOUR SCHEDULED APPOINTMENT IF**  
**YOU THINK YOU HAVE A BROKEN BRACE!!**

#### **Snacks to Avoid:**

- \*Hard granola/power bars
- \*Doritos/Nachos
- \*Popcorn
- \*Jerky
- \*Nuts/Sunflower Seeds
- \*Pretzels (thin ones are okay!)
- \*Kettle Chips
- \*Candy Apples

#### **OTHER:**

- \*Hard Pizza Crust
- \*Hard Tacos
- \*Ice