



No-No List

The following is a list of foods and drinks that you should avoid during your orthodontic treatment, as well as suggestions of things that you can enjoy (following our guidelines may help reduce risk of cavities and decalcification that cause white spots on your teeth).

FOODS: (Bad)

Crunchy Peanut Butter
Gummy Bears & Worms
Gum
Twizzlers
Anything w/Nuts
Laffy Taffy
Jolly Ranchers
Jaw Breakers
Pepperoni Sticks & Beef Jerky
Pizza Crust & Bagels
Ribs
Chicken on the bone
Soft and Hard Pretzels
Hard Tacos
Chips (*Fritos, Doritos, Tostitos, Nachos, etc.*)
Corn on the Cob
Popcorn
Sticky Candy (*Caramels, Starburst, Tootsie Rolls, JuJu Bees, etc.*)
Candy Bars (*Snickers, Butterfinger, Twix, Milky Way, Heath Bars, etc.*)

DRINKS: (Bad)

Sodas that contain sugars and acids
Diet drinks that contain acid w/carbonation
Sugar Drinks
Citrus Drinks such as Orange & Apple Juice
Fruit juices (acids)
Fitness Waters such as Gatorade & Propel (sugars)
Mountain Dew, Coke, Sprite, Pepsi (sugars & acid)

***Due to the damage it can cause your teeth, we ask that you avoid drinking soda. If, on occasion, you drink sodas or other acidic drinks, please try to use a straw and rinse your teeth immediately with water, as this will shorten the exposure to your dental enamel. However, Dr. Dann does not recommend that you drink soda or acidic drink products.**

NO PENS, PENCILS, FINGERS, OR ICE SHOULD BE IN YOUR MOUTH!

Tips: Pull or cut meat off the bone, cut corn off the cob. Fresh fruit, vegetables, Pizza & Pizza crust should be cut into small pieces and chewed on your back teeth. Avoid hard, crunchy cereals (flaky cereals or any that become soggy in milk are best).

Do not use “boil & mold” mouth guards – this could change the position of your teeth. If you need a mouth guard, please let us know, and we'll provide you with one.

REMEMBER, this is just a guide. Always use common sense when choosing foods to eat. Breakage makes treatment time longer, and excessive breakage incurs extra fees. If something becomes loose or broken, don't wait till your next appointment – **CALL US RIGHT AWAY!**

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