



JENNINGS ORTHODONTICS

You are on your way to having a new smile! This can only happen if the braces stay attached to your teeth and you take proper care of your teeth. We ask that you watch the types of foods you eat so that you don't break the wires or pull the braces off the teeth. **Every time you break something in your mouth the amount of time you have to wear the braces increases! Call our office to schedule an appointment to have your bracket replaced.**

AVOID THESE HARD FOODS

1. Ice (No crunching!)
2. Hard pretzels
3. Hard rolls or edges of pizza crust
4. Popcorn
5. Whole raw fruits and vegetables
(cut up carrots and apples)
6. Corn-on-the-cob
7. **Doritos, Fritos, Nachos, Tacos**
8. Jaw Breakers (Any hard candy)
9. Granola
10. Nuts
11. Popsicles
12. Peanut M&M's

AVOID STICKY FOODS

1. GUM! Even sugar free!
2. Carmel and Taffy
3. Sugar Daddy's
4. Candy corn
5. Beef jerky
6. Any candy with caramel or nuts
7. Gummy bears and worms
8. Tootsie Rolls
9. Milk Duds and Rolo's
10. Now or Later's
11. Starburst

We cannot list everything so...just think to yourself, "Is it hard, sticky, or crunchy?" If so, you should avoid it! This includes biting finger nails, pen tops, and pencils!

Brushing: You have to brush 4 times every day (once after every meal and before bed). Use the *Prevident* Toothpaste twice a day. It is available for purchase in our office for \$10.00.

Flossing: You must floss at least 1 time every day! You can use the floss threaders or *Super floss* by Oral B can be purchased at grocery stores and may be easier to use.

Mouthwash: You should rinse with *Listerine* after brushing in the morning (this is for the health of the gums).

Athletes: Please wear an orthodontic mouthpiece at all times! Even practice! An elbow or ball to the mouth can really hurt and break teeth and braces. We will gladly provide you with a mouthguard...please ask for one at your next appointment.

Helpful Hint: If you have a wire come loose and pokes the inside of your mouth, cover it with wax and rinse with warm, salt water 3-4 times a day. Call us to get an appointment on our next business day.

We are all looking forward to the day you get your braces off! With a little effort you can assure that they come off as soon as possible by following these guidelines!

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