

# Tisseront Orthodontics

Stephan Tisseront, DDS, MS

*Specialist in Orthodontics and Dentofacial Orthopedics*



## **\* Foods to Avoid \*** **During Your Orthodontic Treatment**

Although your braces are durable, hard and sticky foods will break off brackets, bend wires and loosen bands. This leads to longer or additional appointments, which may prolong your overall treatment time.

To minimize emergencies and repairs, foods that are **CRUNCHY, HARD, CHEWY, OR STICKY** should be avoided while you have braces.

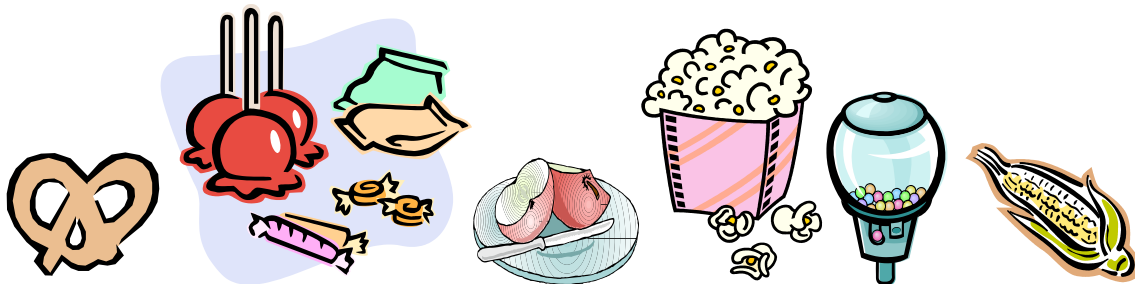
### **Foods to avoid:**

- |                               |                   |
|-------------------------------|-------------------|
| ✓ Popcorn and popcorn kernels | ✓ Corn on the cob |
| ✓ Whole nuts                  | ✓ Chewing gum     |
| ✓ Hard pizza crusts           | ✓ Taffy           |
| ✓ Ice                         | ✓ Gummies         |
| ✓ Uncut apples/celery/carrots | ✓ Caramels        |

### **If you have clear braces:**

If you have clear ceramic braces, we recommend minimizing foods that are known to stain the plastic ties around your brackets, such as saffron, curry, cheese puffs, coffee, and black tea. Rinsing with water after eating and brushing with whitening toothpaste can help keep your ties looking fresh between appointments.

We know you can do it! Good luck!



11720 Plaza America Drive, Suite 110, Reston, VA 20190

Tel (703) 773-1200 Fax (703) 773-1201

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