
Cavanaugh Orthodontic Care
391 W. Weaver Road
Forsyth IL 62535

THINGS NOT TO DO WHILE YOU HAVE YOUR BRACES ON!!

1. There are some foods which can break or damage your braces and should be avoided:
 - A. **Sticky Foods-** Taffy, caramels, gummi bears, etc..
 - B. **Hard Foods-** Nuts, toffee, ice, frozen candy bars, etc..
 - C. **"Sharp" Foods-** Popcorn, potato chips, tortilla chips- edges can get stuck beneath bands and **HURT!**
 - D. **Sugared gum-** **BIG NO NO!!!!**
2. There are some foods which can be eaten, but extra steps should be taken to make them more "braces friendly":
 - A. Meat that comes on bones- if it's cut off the bone first, you won't run the risk of biting the bone and possibly breaking off a bracket.
 - B. Foods that you use your front teeth to bite into that may be a bit hard:
 1. Apples- slice first
 2. Raw vegetables- cut into smaller pieces first
 3. Corn on the cob- cut it off the cob first (It still tastes good!)
3. If you notice anything metal that is loose or has come off please call our office. It takes extra time to fix something that is broken and if we know ahead of time we can save you a trip in. **CALL THE OFFICE!!!! (872-0623)**
4. If something is poking and it hurts you use the wax in your start kit that we sent home with you. If you need us to make you comfortable please call the office, we want to make things as comfortable for you as possible. **(872-0623)**
5. If you have any questions or a problem during treatment don't hesitate to ask an assistant or Dr. Cavanaugh. (If you have a question or a problem, it is **not** insignificant. Please let us know.)