

Halfmoon Family Dental



NO - NO FOOD LIST

There are certain foods that we ask our patients to avoid during treatment. In general, there are two types of foods not to be eaten - hard, brittle foods and soft, sticky foods. Some examples are as follows:

A. Hard, brittle foods:

1. Ice
2. Popcorn, un-popped or half-popped kernels
3. Hard candy, such as peanut brittle or peppermint sticks
4. Whole nuts, such as pecans and peanuts
5. Hard breads, pretzels, bagels, hard pizza crust
6. Whole carrots or apples; please cut them into bite size pieces
7. Corn chips, such as Fritos, Doritos or taco chips



B. Soft, sticky foods:

1. Gum, all types of gum will stick to the braces, including Freedent.
2. Sticky candy, such as caramel, taffy, tootsie rolls, licorice, jellybeans or gumdrops.

Certain foods can be eaten if served in a special way. Whole fruits and vegetables should be sliced into smaller bites and eaten carefully. Fresh corn should be sliced off the cob. Please use caution in your selection of food. Don't eat foods which will bend or break the braces. If in doubt, ask us first!

As always, it is important for you to maintain good oral hygiene and dental health. Avoiding heavily sugared foods will help prevent cavities.

INSTRUCTIONS FOR ORTHODONTIC APPLIANCES

After the appliances have been placed, the teeth will be tender to biting pressure for 7 to 10 days. Of course, this can vary with different patients. During this period of tenderness, softer foods are recommended such as soups, macaroni, spaghetti, meatloaf, eggs, yogurt, jello, fish, milkshakes, etc. Aspirin or Tylenol will help to relieve any discomfort. Warm salt water rinses are also helpful. Use the soft white wax when it is needed.



TOOTH BRUSHING

Now that you have your appliances, you must be sure to brush your teeth and gums better than ever before. Extra care must be taken in the area between the gums and your appliance. Food that collects around your bands, brackets and wires can cause swollen gums, permanent stains and cavities.

1. Brush your teeth with a soft nylon toothbrush after you eat and before bed.
2. Brush, rinse and look; if you find any areas that are not clean, rebrush them.
3. Brush your gums as you brush your teeth (massages and stimulates).
4. If no toothpaste is available, brush without.
5. If you are unable to brush, rinse your mouth vigorously with water.
6. Replace your old toothbrush when it gets worn out.
7. It is absolutely essential that you continue regular visits to your family dentist for checkups and cleanings throughout your orthodontic treatment.

APPOINTMENTS



It is important to keep your appointments as scheduled. If you must change your appointment, PLEASE call at least one day in advance to obtain a new appointment day and time. If anything is bothering you or irritating your mouth when you come in, be sure to tell us while you are in the chair being checked. This will save you time. If you need anything, such as mouth wax or elastics, always let us know while you are in the treatment room.

If you are late for your appointment, we will try to treat you, but not at the expense of other patients who have arrived on time. You will have to wait until a chair opens up. If you are more that 15 minutes late for one of the longer appointments, we will have to reschedule you.

APPLIANCE INSTRUCTIONS

If you are wearing an appliance or retainer, always bring it with you to each appointment. If you are wearing elastics:

1. Wear them 24 hours a day and change them once a day unless you are told differently.
2. Do not remove your elastics when you arrive for your appointment, because we will want to check them.
3. Always carry extra elastics with you. NEVER run out of your elastics! If you are running low, call us before you run out and pick up some extras.

Cooperation in wearing elastics, appliances and retainers is most important to treatment success. Remember:

1. Elastics - all the time.
2. Appliances - as directed, with a minimum of 23 hours a day.
3. Retainers - as directed.

KNOW YOUR BRACES

Bands - are cemented around the back teeth.

Bonded Brackets - are bonded directly to the front surface of the tooth.

Arch Wires - are the main wires that fit into the bands and brackets and are held in place by elastics. Arch wires guide the teeth.

Elastics or O Rings - are the small plastic rings that hold the arch wire in place.