#  FOOD LIST

PLEASE POST IN A CONVENIENT LOCATION DURING YOUR ORTHODONTIC TREATMENT

Loose braces, bent wires, ect. will result in a **LONGER** treatment time. If continual repair is needed, an additional **“Breakage Fee”** **at least $60** will be charged per brace.

The following foods break braces, bend wires, loosen cement, and stick to your braces and teeth making brushing more difficult:

You may **NOT** eat or chew the following items at any time:

Gum – any type Ice Cubes

Corn on the Cob Taffy

Licorice Caramel

Fruit roll ups or chews Nuts

Jelly Beans Pizza crust

Pens, Pencils Tootsie Rolls

Fingernails Hard Candy

Lolli-Pops Hard Pretzels

Any other sticky, chewy, or hard foods

The following items must be broken or cut into bite size pieces to eat:

Bagels Sandwiches

Pizza Meat

Hard Rolls Fruits

Soft Pretzels Vegetables

Use common sense when eating and your orthodontic treatment will go exactly as planned! Good luck!

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Signature of Patient Date

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Signature of Parent (if applicable) Date