

Eating With Braces

When you are wearing braces it is important to care for them and avoid breakages. If part of the brace breaks, then your teeth can stop moving or even move in the wrong direction. This will lead to longer time wearing the braces.

If you are careful in watching what you eat while wearing the braces, then breakages can usually be avoided and treatment will progress smoothly leading to the treatment finishing on schedule.

The following four types of foods should be avoided when you have braces:

Hard Foods

Hard foods can break brackets, bend and displace wires. Please avoid hard food e.g.:

Apples or Carrots (unless cooked or cut into small pieces)

Ice – Do not chew on ice!

Nuts

Corn on the Cob

Popcorn

Bagels

Pizza Crust

Sticky Foods

Sticky foods can also break brackets, bend and displace wires. Avoid sticky food e.g.

Toffee

Gums

Sticky sweets

Sugary foods

Foods with high sugar content cause the natural bacteria in your mouth to produce acids which will damage the enamel around the braces. This will result in permanent stains and damage to your teeth.

Acidic Foods

Acidic foods can cause permanent damage and stains on your teeth eg

Fizzy drinks including “diet” versions

Fruit Juices

In addition avoid biting hard foods with your front teeth and do not chew on pens, pencils or fingernails as these will damage the brace.