



# Breakages Foods & Activities to Avoid



In the early stages of brace treatment it can be difficult to know what may break your brace. It is important to avoid certain foods & activities during orthodontic treatment. Ensure food & plaque is cleaned off your teeth to avoid permanent marks on your teeth or tooth decay.

## Foods to Avoid

Generally avoid hard and sticky food such as:

- Crusty bread
- Pizza crust
- Hard biscuits
- Tortilla chips and other hard crisps and popcorn
- Nuts (except ground)
- Chewing gum
- Toffees
- Chewy or boiled sweets



Avoid biting into anything with your front teeth as this can dislodge the front brackets such as:

- Raw carrots
- Apples
- Corn on the cob
- Meat on the bone



And try and not chew:

- Nails
- Pens



## Contact sports



Your teeth and brace are more vulnerable whilst playing contact sports. You must always wear a mouthguard.

There are specialist mouthguards which fit around your brace. Ask at reception about our range of the mouthguards

## Braces may rub

It is possible that your brace may rub initially which is normal as your mouth gets used to it. If this caused an ulcer roll some wax into a ball normal and push onto the part of the brace that's rubbing. You can get wax at reception. You can treat the ulcer with a suitable gel from your chemist.



## Drinks to Avoid:

You need to be careful what you drink

- Avoid all fizzy drinks - sugary and diet options as the acid affects your brace and teeth
- Excessive amounts of fruit juice - as this is also acidic
- Squash can also be acidic so drinking excessively should be avoided.



Stick with plain milk and water

## Why its important

Breakages can delay your treatment. When a bracket become detached your brace will no longer work in the way intended. Your tooth may move back to its original position.

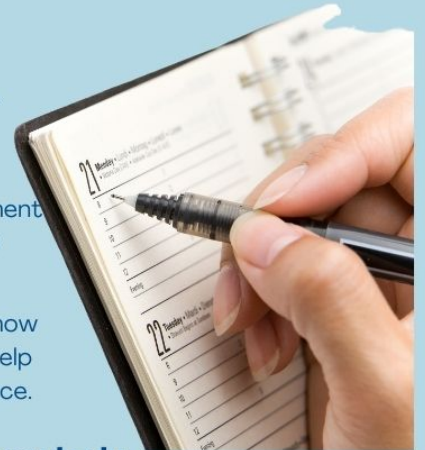
Your teeth will relapse quicker than it takes to move them to the correct position. If you continue to break your brace we may have to explore alternative options including stopping treatment.

## Breakages

Breakages can delay your treatment.

Do not leave it long. You need to book an appointment within 1 week so as not to affect your treatment.

Always try and work out how it was broken as this will help you prevent a reoccurrence.



## Check your brace regularly

Breakages tend to be spotted whilst brushing your teeth. You may notice a bracket is missing or loose and wires broken. Add this check to your daily routine.



Please ask your orthodontist if you have any questions.

Cygnet Orthodontics

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