

F O O D L I S T

avoid eating
HARD FOODS
STICKY FOODS
SUGARY FOODS

DON'T EAT: Gum of any kind
Carmels
Ice
Corn-on-the-cob
Pizza crust
Hard Candy

Taffy
Nuts of any kind
Italian Bread
Hard Pretzels
Bagels
AirHeads, Starburst, Now or Later

MAYBE: Carrot Sticks, Apples, Pears, Peaches, Fruit may be eaten but should be cut into small pieces and placed into the back of the mouth. Spare ribs and other boned meats should be cut from the bone.

MOUTH GUARD: Must be a special "orthodontic friendly mouth guard" or "mouth guard for braces". If you are not sure ask.

USE COMMON SENSE OR IF YOU ARE IN DOUBT CALL OUR OFFICE or VISIT OUR WEBSITE!!

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