

ORTHODONTIC DIET CHART

Foods that cannot be cleaned off the braces may lead to discoloration and decay of your teeth. Even though our braces and wires are metal, they are fragile and are usually damaged by eating the wrong foods, thus taking us longer to finish our treatment.

ABSOLUTELY NO

GUM	SUGARLESS OR OTHERWISE		
STICKY	caramels	Sugar Daddies	Starbursts
FOODS	caramel apples	Sugar Babies	licorice
	toffee	Tootsie Rolls	gummy bears
HARD	nuts	hard candy	bagels
	popcorn	Doritos	hard pretzels
	jerky	corn on the cob	apples (unless cut into small pieces)

MINIMIZE SUGAR INTAKE

EAT	candy	cookies	cake
MUCH LESS	ice cream	foods with sugar	pie
DRINK			
MUCH LESS	soda pop	drinks with sugar	

AVOID CHEWING ON PENS, PENCILS, FINGERNAILS

PROBLEMS AND SOLUTIONS

You may be able to solve many braces problems temporarily by yourself until you schedule a repair appointment with our office. These problems need not cause delay in your treatment.

PROBLEM	HOME SOLUTION
LOOSE BAND OR BRACKET	If band or bracket is still attached to wire, leave in place. If uncomfortable, place wax on it. If it comes out completely, wrap brace or bracket in tissue.
LOOSE WIRE	Try to place wire back in place with tweezers. If that is not possible clip wire with fingernail clippers behind last tooth to which it is securely fastened. If any discomfort, place wax on it.
POKING WIRE	Try to push sticking wire down with a spoon or eraser. If not possible, place wax on it.
LOST TIEWIRE OR ELASTIC TIE	Notify us at next appointment.
SORENESS	Use warm salt-water rinses and/or Tylenol or Ibuprofen.
HEADGEAR DOES NOT FIT	Sometimes caused by not wearing as prescribed. If face bow is bent call office at once.
LOOSE APPLIANCE	If appliance is sticking or poking place wax on it.

If you feel you are unable to handle a problem on your own, please call us as soon as possible.

Quillen Orthodontics
Eric L. Quillen, DDS

156 Frankfort Street
 Versailles KY 40383
 859-879-5045