

Miranda and Ortega, D.M.D, P.A.
1298 N. Dixie Frwy
New Smyrna Beach, FL 32168
Phone (386) 428-2958

FOODS TO AVOID WHILE WEARING BRACES

GUM

BUBBLEYUM
BUBBLE GUM
TRIDENT
FREEDENT
SUGARLESS GUM

CHEWY

LAFFY TAFFY
AIRHEADS
STARBURSTS
JUJU BEADS
GUMMY BEARS
NOW AND LATER
JELLY BEANS

GOOEY

CARAMELS
CAMEL APPLES
TOOTSIE ROLLS
REISENS
SUGAR DADDIES
SNICKERS
MILK DUDS

HARD FOODS

ICE CUBES
PEN & PENCILS
CEREALS
RAW CARROTS
CELERY STALKS
POPCORN
PRETZELS
TACO SHELLS
CORN CHIPS
ALL NUTS
BAGELS
DORITOS
STRAWS
PIZZA CRUST
WERTHERS
SKITTLES
M & M's
FINGER NAILS
APPLES
FUNNIONS
PORK RINDS

In addition to all of the above is the general group called SWEETS. Sweets can be eaten but it is very important that you brush or rinse your mouth *immediately* after eating them. The sweets will not cause damage to your braces, but they will cause damage to your teeth. That's how you get white spots on your teeth while wearing braces. The worst of all sweets are soft drinks (Coke, Pepsi, etc.). It doesn't matter if sodas are diet or not, they will have the same damaging effect on your teeth. We ask that you please stay away from soft drinks during your treatment.

Should you have a brace come loose before an appointment, please call the same day that you find out. We are not going to be upset with you but we do want to make sure that we have enough time to fix it during your regularly scheduled appointment. Some broken brackets can wait to be fixed while others need to be repaired as soon as possible.

When you bend your wires or knock a brace loose, you run the risk of making your treatment longer. If you chew gum, you probably will not break anything but it will make it more difficult for the teeth to move past each other which means the treatment will take longer. If you cheat, you will only be cheating yourself in the end. Remember these things from the start and you should finish your treatment on time.

We all want for this to be a positive experience for you and we want to get the job done as quickly as we possibly can. This will only happen with your cooperation. Let's work together to give you the best possible smile in the shortest period of time.

WE ARE VERY HAPPY THAT YOU HAVE CHOSEN US TO WORK WITH IN CREATING THAT FANTASTIC SMILE.