

Dr. Donald I. George, Jr., DDS. MS

Practice Limited to Orthodontics
Children and Adults

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Food List

PLEASE! AVOID THESE FOODS DURING TREATMENT

Sticky - Chewy

Gum (Sugar Or Sugarless)
Tootsie Rolls
Tootsie Pops
Blow Pops
Carmels
Carmel Apples
Gummy Bears
Gummy Worms
Toffee
Starburst
Jelly Beans
Fruit Roll-ups
Fruit Snacks
Now & Laters
Licorice

Hard - Crunchy

Ice
Chips
Taco Shells
Candy
Pretzels
Jolly Ranchers
Jaw Breakers
Pizza Crust
Suckers
Popcorn
Nuts (Food And Candy With Nuts)
Cookies (Dunk Them In Milk)
Carrots-Apples-Cut Into Pieces
Hard Breads - Tear Small Pieces
Corn On The Cob - Cut Off Cob
Meat - Cut Off Bone

Other Orthodontic "No-No's"

Lip Biting
Biting Fingernails
Chewing On Pencils Or Pens
Tearing Or Opening Things With Your Teeth

Some Foods You Can Still Enjoy

Peanut Butter Cups
Pasta
Cheese
Yogurt

Image Orthodontics

- Limit your soda pop and do not suck on lemons or limes - acid in the pop and juice can cause unnecessary scarring of the enamel after a period of time.
- Check your braces occasionally for anything loose or bent. If a brace or band comes loose, or you break a wire., please call our office so that we can arrange an appointment to fix it. **There will be a charge for anything that is loose or broken. Be careful!!!**

Patients are able to eat or drink many foods while in orthodontic treatment. There are certain eating habits that are known to cause breakage of orthodontic appliances and braces as well as increasing the risk of dental problems. Our aim is to allow our patients to achieve the treatment goals with as few disturbances due to appliance breakage as possible and to minimize the side effects of poor food choices and poor oral hygiene. Remember, teeth move their best in a healthy environment and in individuals with excellent overall dental health. Patient cooperation is the key to successful orthodontics.

Welcome to the Office!!!!



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