

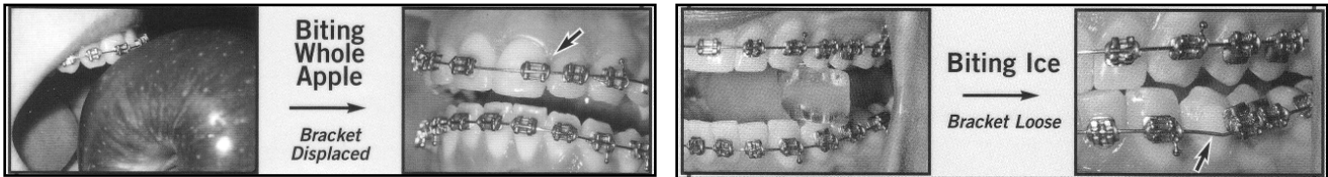


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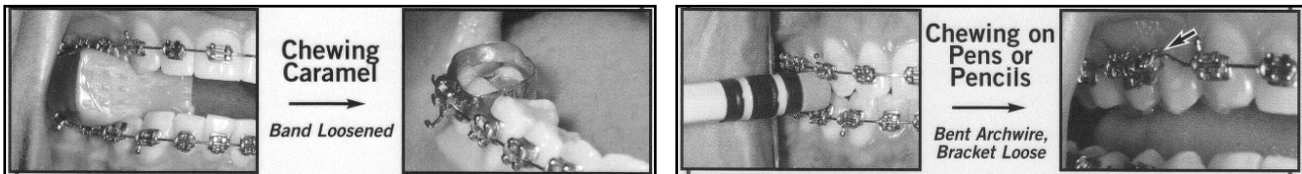
TAKING CARE OF YOUR BRACES

Avoid eating: HARD FOODS
STICKY FOODS
FOODS HIGH IN SUGAR CONTENT

HARD FOODS may do damage by bending wires, loosening cement under the bands or breaking the little brackets and tubes which are attached.



STICKY FOODS damage appliances by bending wires and pulling cement loose.



FOODS HIGH IN SUGAR CONTENT avoid whenever possible. If you do eat any of them, brush your teeth immediately. If not convenient to brush, then always rinse your mouth with clear water after eating very sweet foods such as cake or pie.

DON'T EAT

Popcorn, Nuts, Peanut Brittle
Ice (not even if you're careful)
Lemons (pure lemons juice can hurt your tooth enamel)
Corn-on-the-cob
Chips (Doritos, Fritos), crisp tacos
Taffy, Caramels
Bubble Gum or any type of gum – a thousand times NO!
Pizza Crust (the hard outer edge)



MAYBE

Carrot sticks (if you cut into carrot curls which are thin)
Apples (cut into wedges; don't bite)
Hard French bread (if you take small pieces and are very careful)
Diet Drinks
Meat – ribs, chicken, steak, etc. (if cut away from the bones)



NEVER

Absolutely no sodas or other carbonated drinks!

Remember, breakage of your braces will delay your treatment.

Problems: Always call for an EXTRA or EXTENDED appointment if problems or breakages occur. If possible, DO NOT wait until your regular appointment to have repairs done. Call Dr. Chi Bui's office at **(714) 962-8880**.