

Chad D. Hess, D.D.S.

FOOD FOR THOUGHT

How would you like to get your braces off as soon as possible? Together we can make this happen, and quickly, too!! I'll do my job if you'll do yours---

LET'S MAKE A DEAL!!!

Broken braces increase treatment time and cost. By avoiding the following foods, you lessen your chances of having loose or broken braces:

Hard Taco Chips

Candied Apples

Popcorn

Bubble Gum of Any Kind

Pretzels (hard or soft)

Shoestring Potatoes

Hard Rolls

Pizza Crust Edge

Biting into Raw Apples, Carrots
or Celery (slice them first)

Also biting into Pizza and Steak
(cut into small pieces)

Hard, sticky or brittle candy
(Jolly Ranchers, Gummy Bears,
Now & Laters, Skittles, Taffy
Caramels, Licorice, Peanut Brittle)

Soda Pop (limit to one per day---
Sugar & Acid from Pop=Cavities!)

THREE WORST FOODS: *POPCORN • *ICE *BUBBLE GUM

You should also AVOID chewing on your pens and pencils.

This gives you an idea of the foods to avoid.
Use your own judgment on other foods or
call our office for assistance at (208) 323-2294

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