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TYPES OF FOODS TO AVOID!

STICKY FOODS: if, after biting into a food, you have trouble getting your teeth apart - it's too sticky!!!

EXAMPLES: CHEWING GUM, TAFFY, CAMEL, LICORICE,
GUMMY CANDY, REFRIGERATED/FROZEN
CANDY BARS

HARD FOODS: if you can't easily break the food with your fingers or cut it with a knife, it's too hard!!!

EXAMPLES: ICE, HARD PRETZELS, POPCORN
KERNELS, HARD PIZZA CRUST, MEAT
ON BONES, HARD CANDIES OR
LOLLIPOPS

Due to the high acid content of diet and regular soft drinks, you should brush your teeth immediately after consuming, to avoid the risk of decalcification (white marks) and cavities.

REMEMBER: Taking care of your braces keeps them working for you, and will prevent extra appointments, allowing us to get your braces off as soon as possible.

THE DOCTORS AND STAFF OF LONG ORTHODONTIC ASSOCIATES