

Congratulations on getting your braces. We are one step closer to helping you achieve a beautiful and healthy smile. We went over this with you today, but sometimes we all need a little reminder. Here is our list of foods to avoid when wearing braces!

- Popcorn kernels (no half cooked pieces or kernels! Fully popped is fine!)
- Nuts
- Sticky, gooey and chewy, and hard candy (skittles, airheads, starburst, now and laters, caramels, gummy anything - even vitamins)
- Gum
- Ice
- Hard chips or crackers (Melba Toast, Stacys Pita Chips)
- Hard Pretzels
- Hard cookies
- Sticky or hard chocolate

Try to avoid biting into hard foods with your front teeth. When possible, cut up these hard foods into smaller pieces:

- Raw vegetables (especially baby carrots - they look innocent but biting into them will pop brackets!)
- Croutons
- French/Italian bread
- Fruit (apples and pears)
- Hard rolls / Bagels / Baguettes
- Pizza Crust
- Meat (like a steak or chicken on the bone)
- Burgers (thick ones)
- Sub sandwiches
- Corn on the cob

Please do not hesitate to call us if you have any questions or concerns!!

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