



# ROBISON

## ORTHODONTICS

# DON'T EAT THESE FOODS, DUDES!

### **SODA:**

The acid eats the glue and knocks braces off. It can also lead to decalcifications.

### **ICE, ICE, BABY:**

A thousand times no — if chewed it will positively destroy your braces.

### **PIZZA CRUST, HARD ROLLS, BAGELS AND BONES:**

bend the arch wires and knocks braces off!

### **HARD PRETZELS:**

bend wires, loosen bands and knock braces off!

### **CHIPS, HARD TACO SHELLS, ANYTHING LIKE IT...**

will break your braces!

### **CARAMEL CANDY, GUMMY BEARS, TOOTSIE ROLLS:**

sticky foods which pull your braces off! Other forbidden candies: taffy, Milk Duds, and Sugar Daddies

### **BEEF JERKY, SLIM JIMS, AND HARD GRANOLA BARS:**

too tough to chew - pop braces off

### **SUCKERS, HARD CANDY, JOLLY RANCHERS:**

will definitely break your braces

### **NUTS:**

no nuts of any kind (especially corn nuts)

### **RIBS OR CORN:**

cut off before eating

### **POPCORN:**

the little hull gets between the gum and band and causes gum irritation, unpopped kernels break braces

### **RAW CARROTS, CELERY, APPLES, PEARS, STEAK, PIZZA, ETC.:**

O.K., but cut into small pieces

### **PENS, PENCILS AND FINGERNAILS:**

favorite exam time food, they break everything, plus, it's kind of gross.

**EATING THESE FOODS OR ANYTHING SIMILAR WILL LOOSEN YOUR BRACES AND BEND YOUR WIRES. YOU MAY NOT DISCOVER THE PROBLEM UNTIL HOURS OR DAYS LATER... SURPRISE!!! LOOSE BANDS, BROKEN WIRES AND DETACHED BRACES CAUSE A LONGER TREATMENT TIME AND ADDITIONAL CHARGES. IF A BRACE COMES OFF OR FEELS LOOSE PLEASE CALL THE OFFICE TO SCHEDULE AN APPOINTMENT.**