



Dr. **michelle** cartier
ORTHODONTIST
embrace your smile!

LIFE WITH BRACES

Eating With Braces

Foods you CAN eat with braces:

- Dairy — soft cheese, pudding, milk-based drinks
- Breads — soft tortillas, pancakes, muffins without nuts
- Grains — pasta, soft cooked rice
- Meats/poultry — soft cooked chicken, meatballs, lunch meats
- Seafood — tuna, salmon, crab cakes
- Vegetables — mashed potatoes, steamed spinach, beans
- Fruits — applesauce, bananas, fruit juice
- Treats — ice cream without nuts, milkshakes, Jell-O, soft cake

Foods to AVOID with Braces:

- Chewy and Sticky foods: gum, taffy, caramel, fruit roll-ups
- Hard Foods: whole nuts, crusty bread, hard granola bars
- Cut-up: apples, carrots, celery
- Do NOT: bite pens, fingernails, open packages, rip tape with your teeth

Loose Wires or Bands and Lost Aligners

The wires and bands on your braces may come loose. If this happens, please contact us as soon as possible so that we can check and repair the breakage. You can temporarily fix the loose wire by using the back of a spoon or the eraser end of a pencil to carefully and gently push the wire back into place. If the loose wire is causing irritation to your lips or cheeks, put wax or a wet cotton ball over the broken wire to relieve the pain.

Playing Sports with Braces

If you do play sports, we recommend that you wear a mouthguard to protect your teeth and your braces. We have the right mouthguards for your protection. In case of a sports emergency please contact our office immediately!