

A proper diet for patients with braces

Your diet is very important during the Orthodontic treatment for the health of the teeth and gums and to avoid damage to the braces during the Orthodontic treatment.

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What is unhealthy for treatment with braces?

It is best to avoid food and drink that are high in sugar and acid. Unhealthy options include crisps, sugary gum, sweets, chocolate, fizzy drinks, sugary squashes, and pure fruit juice. It is also important to reduce the quantity and frequency of acidic fruit like oranges, pineapples and apples and have these during mealtime rather than snacks. These tend to provide fuel for bacteria to damage the teeth and the gums.

Remember to rinse your mouth and brush with a travel tooth brush between meals. Brush your teeth well before bed-time and after breakfast and rinse with a mouth rinse containing fluoride.

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Recommended drinks?

Water, milk, sugar-free juice, and diluted sugar-free squashes.

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What can cause damage to braces?

Hard and chewy foods and sweets. Toffees, chewing gum, pizza and bread crust, crunchy cereal, cereal bars, nuts, popcorn, baguette bread are some examples. It is important to cut your food into small 'bite-size' pieces and avoid biting into apples, carrots, and corn on the cob.

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What happens if I keep damaging the brace?

The duration of the treatment will usually be longer. It may be difficult to make progress in the treatment and it may have to be terminated or completed to a lesser standard. The appointments you have may also be more uncomfortable



Avoid hard or chewy foods which can damage braces