



**For a beautiful smile you must follow our guidelines and avoid some of the foods you love to eat, keep your teeth clean and avoid breakage of your brackets.**

1. For the next 3 hours, avoid eating any food you must chew. Milkshakes, malts, soups and yogurt will be fine if you need to eat soon. For the next 3-10 days, stay on a soft food diet. Your teeth will begin to move between now and 4 hours from now. You may experience some tenderness for the next 7-9 days. Pasta, soups, mac & cheese and mashed potatoes are all good choices.
2. Watch what you bite into. DO NOT use your front teeth to bite into things like hard dough sandwiches, apples or ribs. Now for the real heartbreaker...no carrots, unless they are cooked.
3. Stay on track with your treatment and avoid severe breakage of your brackets. Avoid foods that are hard, sticky, chew or crunchy. In addition, the following foods should be avoided: hard chips, hard tacos, Doritos, Fritos, popcorn, granola bars, nuts, pretzels, caramels, gum, and any hard candy and ice. You will break brackets if you do not follow these instructions and could result in a fee.
4. Safeguard your brackets from foreign objects. Pens, pencils and fingernails do not belong in your mouth.

Following these guidelines will ensure that your braces will come off close to the estimated date and that no extra charges are incurred because of broken brackets.

**Be good to your braces and they will be great to you...  
Congratulations on your journey to a beautiful smile!**

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