



NICOLAS
ORTHODONTICS
for Adults and Children

Dr. George R. Nicolas
Diplomate, American Board of Orthodontics

To Our Valued Patients:

Hello braces... Goodbye taffy, at least for now! Part of life with braces is the challenge of eating foods that are right for you and easy on your braces. Especially for our patients Who favor a normal teenage diet—part real food, part “junk” **“braces call for a change in eating habits!”**

Eating the right foods will help you achieve the optimum results after your orthodontic treatment has been completed. Preventing damage to the brackets, archwires and bands, as well as keeping your teeth free from teeth decay is a priority. **Broke wires or brackets are not only painful, but can actually prolong your treatment time!**

What NOT to eat... Even with care; some foods should be avoided for the time being:

- **NO** hard foods (Hard Candy/Starbursts/Jolly Ranchers/Uncooked, hard vegetables/Jerky/Bagels/Peanut Brittle...)
- **NO** Sticky Foods (Gummy Bears/Caramels/Taffy/Sugar Daddies/Tootsie Rolls...)
- **NO** Popcorn/Corn Chips/Nuts
- **NO** Ice
- **NO** Corn-on-the-cob/Corn/Carrots/Whole Apples/Broccoli/Cauliflower(unless cooked or cut into small pieces)
- **NO** Ribs/Jerky
- **NO** French bread(crusty) Bagels
- **NO** Bubble Gum
- **NO** Acidic Foods (Sodas, Lemons...)
- **NO** Sugary Foods
- **NO** Biting or chewing hard objects (pens/pencils/fingernails...)

Eating can be quite a challenge during the first few painful weeks in braces—your teeth don’t touch the way they did before, which changes the way you chew. Most patients find that they are more comfortable and can chew food more properly in 2 to 3 weeks after the braces go on .Patience is key; soon it will be second nature to you to turn down dangerous foods.

As you invent new ways to enjoy old favorites, please share with us your “orthodontically correct” secrets. After all, we are all in this together!

Thank you for your cooperation and here’s to your *New, Beautiful, Smile!*

Dr.George R Nicolas and Staff