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Here are your braces biggest enemies:

- **Apples/Pears:** Don't bite into a whole one! Cut it into thin wedges first.
- **Bagels and hard rolls:** Convicted culprits of bending wires and loosening brackets.
- **Beef jerky:** Your braces don't stand a chance against this leathery food.
- **Bubble gum:** Trust us, there's nothing worse than spending hours picking gum from your braces.
- **Fruit roll-ups/anything gummy:** These will get stuck in your braces, also.
- **Candy canes or suckers:** You might weaken and take a bite!
- **Caramels and chewy candies:** And you thought bubble gum was messy.
- **Chicken Wings/Ribs:** You can enjoy these if you first cut the meat off the bone.
- **Corn chips:** Anything that crunches when you bite it is bad news for braces.
- **Corn on the cob:** If you must, remove the kernels from the cob with a knife, then enjoy!
- **Fingernails:** Now's the perfect time to kick that bad habit.
- **Hard candies:** Can loosen wires and dislodge brackets.
- **Hard cookies:** Good news: you can have these if you soften them with milk.
- **Ice Cubes:** No crunching!
- **Nuts:** All varieties- including peanuts, cashews and almonds- are off limits.
- **Peanut brittle:** Anything that crunches when you bite is bad news for braces.
- **Pens and pencils:** Don't laugh; a lot of students can't stop chewing on these inedible school supplies.
- **Pickles:** If you have a craving, cut them into bite-sized pieces.
- **Popcorn:** Great with movies, bad with braces.
- **Pizza Crust:** No crust, but everything else is fine!
- **Pretzels:** Bend wires, loosens bands and knocks off brackets.
- **Raw carrots:** Steam or boil them first for a less crunchy option.
- **Sugary candy:** Can lodge beneath brackets and wires, leading to tooth decay.
- **Taffy:** It's best to avoid this stuff entirely-even if you don't have braces!

I have read and understand if I eat the food mentioned above, I may bend wires or break my brackets which could result in extending my treatment time.

Patient Signature: _____ Date: _____

Parent Signature: _____ Date: _____

Team Member Signature: _____ Date: _____