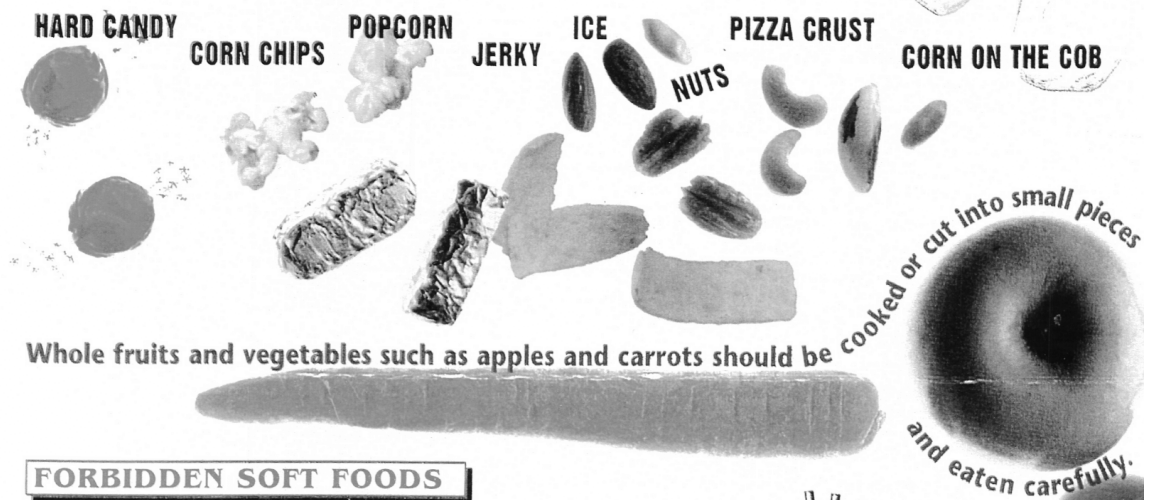


Problem Foods when you have BRACES –

Eating proper foods, minimizing sugar intake and getting enough sleep are essential during orthodontic treatment. Your braces are precise appliances that can be damaged by eating hard foods. Some soft and sticky foods can cause tooth decay and loosen or dislodge your braces.

FORBIDDEN HARD FOODS



FORBIDDEN SOFT FOODS

