



Peel Orthodontics

More Than A Smile



INITIAL QUESTIONS

For the first couple of days after your braces have been placed it is best for you to eat soft foods.

Avoid any foods such as certain meats, breads and vegetables that are tough, hard or raw. Examples are, bread crusts, raw vegetables, tough meats, and sticky lollies.

FOODS YOU CAN EAT

- *Dairy - pudding, soft cheeses*
- *Breads - sliced lunch bread, soft tortillas, pancakes, muffins (without nuts).*
- *Grains - noodles, pasta, soft cooked rice, meatballs.*
- *Meats / poultry - soft cooked chicken, meatballs, lunch meats.*
- *Seafood - fish without bones, tuna, salmon, crab and crab cakes.*
- *Vegetables - mashed potatoes, peas, steamed spinach, beans.*
- *Treats - ice cream (without nuts), milkshakes, smoothies, jelly, cake.*
- *Other - eggs, hotdogs, hamburgers, chilli, beans & much much more!*

It is important to keep in mind that you need to protect your braces and orthodontic appliances when you are selecting foods to eat.

We do recommend pureeing your food initially as the easiest way to eat.



If you do happen to have any issues or concerns with your orthodontic appliance, please do not hesitate to contact us.

FOODS TO AVOID

This list is a guide, and is not unlimited, so please be mindful when eating to avoid breakages.

- *Foods such as doritos and tacos can form a hard ball on your braces making it hard to remove.*
- *Hard foods such as pizza crust, hard rolls, pretels, anzac biscuits, nuts, chips and raw carrots can break, damage or knock off your brackets.*
- *Tough meats such as beef jerky can loosen your wires and brackets.*
- *Sticky foods such as liquorice, caramels, jelly beans and starburst, redskins and mentos can pull off the brackets and wires causing a gooey mess as well as tooth decay. (Sugar free chewing gum is OK)*
- *Chicken wings and ribs must be eaten off the bone.*
- *Chewing on pens and pencils as well as nail biting should be avoided because of the damage they cause.*
- *Chewing on ice is one of the easiest ways to damage your braces - so avoid it!!!*



CONTACT US

If you have any queries, please contact us on 9586 9653, info@peelorthodontics.com, or private message through Facebook. There is an emergency page on our website at www.morethanasmile.com.au. If you still require assistance after hours, please leave a voice message on 0444 579 936 and someone will get back to you.

