

# Dr. Bomeli's

## Brace-buster List

Eating these foods can cause damage to your braces, but you may not discover the problem until hours or even days later. Loose braces and broken wires cause a longer treatment time, and could cause discomfort to your teeth, gums, lips or cheeks.

- **Nuts**- Any kind of nut can damage your braces.
- **Raw Carrots**- Please slice or cut into smaller pieces.
- **Corn on the Cob**- You can still eat it, but please slice the corn off the cob first
- **Beef Jerky, Slim Jims**
- **Ice**- If you are an ice fan, please do not chew it
- **Pens and Pencils**- Not very nutritious and will damage your braces quickly
- **Apples and other Hard Fruits**- Slice into small bite size pieces
- **Popcorn**- The little shells get between your gums and braces and can easily loosen your braces
- **Doritos, Cheetos, other chips**-Please break into small pieces
- **Taffy, Caramel Candy, Bubble Gum, Now and Laters, Tootsie Rolls**- Sticky, gooey stuff pulls off bands, brackets and wires, and feeds the bacteria in your mouth.

### **\*\*\*Be Careful With:**

Crunchy tacos, Pizza crust, Bagels, Hard Breads (consider using the microwave to soften the bread or shell)

For any soreness you may have, you may take over-the-counter pain medication you would normally take for a headache **as prescribed on the bottle.**

If you have any questions or concerns, please call us at **440-349-5885**. We are here to help you!

Dr. Bomeli and the Solon Orthodontics Team

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