

OUR NEWSLETTER



Foods to Avoid



For most situations, common sense will tell you what to avoid. Hard foods, sticky foods and foods high in sugar must be avoided. Hard foods can break or damage wires and brackets. Sticky foods can get caught between brackets and wires. Minimize sugary foods; they cause tooth decay and related problems. Nail biting, pencil and pen chewing and chewing on foreign objects should be avoided.

Examples of Sticky Foods to Avoid:

- Gum (sugar-free or regular)
- Licorice
- Sugar Daddies
- Toffee
- Tootsie Rolls
- Caramels
- Starburst

Examples of Hard Foods to Avoid:

- Ice
- Nuts
- Hard taco shells
- French bread crust/rolls
- Corn on the cob
- Apples and carrots (unless cut into small pieces)
- Bagels
- Chips
- Jolly Ranchers
- Pizza crust
- Uncooked carrots (unless cut)

Minimize Sugary Foods like:

- Cake
- Ice Cream
- Cookies
- Pie
- Candy

Only Once a Day:

- Soda
- Sweetened tea
- Gatorade
- Kool-Aid
- Drinks with sugar

It's important to regularly check your braces for bent or loose wires and brackets. In the event of a loose/broken wire or bracket, call our office immediately to arrange an appointment for repair.

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Patient of the Month



Elise G.
Elise has received the honor of
being patient of the month for
April. Keep up the great work
Elise!

Winner! Winner!



Thank You, to everyone who stopped by our table at the Green School Foundation Celebration of Education at Green H.S.

The winner of the Phillips Sonicare Toothbrush drawing was.....Sarah Good!

Kids Club reminder!

Attention Kid's Club Members!

Remember to bring your rewards card with you to your 6 month appointments. Also earn points by turning in your brushing chart and "How I Lost My Tooth" story!

