

# **Foods/drinks that should be avoided when wearing braces**

## **Sugary foods**

The more sugar in your diet the greater the risk there is to your teeth. Frequency (number of times you eat sugary food) and amount of sugar in your diet both contribute to tooth decay.

Sugar helps to cause decay. The early stages of decay will show up as white or brown marks on your teeth. These marks are permanent and can develop into holes in your teeth.

When you are wearing braces sugar can trap all around each part of your brace (the parts of the brace act like a shelf for the sugar to sit on and attack your tooth for longer). Therefore, marks and holes are more likely to occur on the smiling surfaces of your teeth.

## **Sticky, hard or chewy foods**

These foods are more likely to break your brace, they can knock a bracket/square off or damage a wire. Breakages increase the length of time that you wear your braces for. If there are too many breakages treatment cannot progress.

## **Fizzy drinks, sports drinks, energy drinks**

These drinks will significantly increase the risk of decay occurring on your teeth

Carbonated drinks (with or without sugar) will cause erosion of your teeth (wearing away of the outer surface). This will make your teeth more brittle and more easily chipped and increase sensitivity.

At Embrace orthodontics fizzy drinks sport drinks and energy drinks are BANNED during orthodontic treatment.

## **Foods to avoid (This list is not exhaustive)**

- Chewing gum
- Bubble gum
- Chewy sweets
- Hard sweets
- Crusty bread
- Pizza crusts
- Any hard fruits and vegetables should be cut into small pieces and chewed with the back teeth  
Do not bite into apples or raw carrots without cutting first.  
Fruit and vegetables CAN still be eaten during orthodontic treatment.
- Hard cereal bars
- Nuts
- Popcorn
- Corn on the cob (Sweetcorn is ok, but don't try to eat corn from the cob it will break your brace)

**\*\*Curry, pot noodles, tomato based sauces, smoking and red wine can all lead to discolouration of the elastics used to secure your wire to the brackets/square.\*\***

**\*\*Nail biting, pen chewing and opening bottles with your teeth will all increase the risk of breaking your brace\*\***

## What can happen if sugary foods/drinks are taken during brace treatment?

If too much sugar is taken during braces (from food and/or drinks) the early signs of decay (white or brown spots) will develop. This can show up on the SMILING surfaces of your teeth. These marks are permanent. In some cases holes may also develop. These will need filled by your dentist once the brace is removed.

If your orthodontist notices an increased risk of this happening on your teeth, they may remove your brace early. If your brace has to be removed early due to poor brushing or poor diet it is unlikely that the NHS will fund your brace going back on.



Ideal result following brace treatment.



Early signs of decay due to poor diet



Decay and gum disease as a result of poor diet and poor oral hygiene during orthodontic treatment