

STEFANO

D E N T A L

WHY ARE MY BRACES COMING LOOSE?

There are many times during orthodontic treatment when your braces may loosen from your teeth. This list is for you to review and to help you figure out “why” this is happening to you. Often, patients do not realize what they are doing is actually causing the problem.

ORTHODONTIC PATIENTS NEED TO AVOID CHEWING THE FOLLOWING ITEMS

Bagels	Candy apples	Caramels	Caramel Apples
Corn-nuts	Corn on the Cob	Doritos	Fingernails
Fruit Rollups	Chicken Wings	Gum	Grape Nuts
Gummy Anything	Hard Bread	Hard Candy	Ice
Jelly Beans	Jerky	Jolly Ranchers	Laffy Taffy
Licorice	Milky Way	Nachos	Now and Later
Nuts	Pen & Pencils	Pizza Crust	Popcorn
Ribs	Tootsie Rolls	Suckers	Slim Jims
Sugarbabies	Jujubees	Chicken Wings	Baby Ruth
Sunflower Seeds	Jaw Breakers	Bubble Gum	Candy Canes
Eyepoppers	Large Pretzels	Fireballs	

Uncut Fruits: apples, peaches, pears, etc.

Uncut Vegetables: celery, carrots, broccoli, cauliflower, etc.

WHY ARE BROKEN BRACES BAD?

1. Treatment takes longer.
2. Appointments are spent repairing damage, not progressing toward treatment goals.
3. Broken braces give Dr. Stefano gray hair and wrinkles.
4. You may have to get an after school job to help pay for the repair bills.
5. All of the above.

(the correct answer is #5)

Please be aware that once you have decided to proceed with getting braces you must understand that “oral hygiene” (keeping your teeth & gums clean) has to be taken seriously and is your commitment to the treatment. Brushing properly at least 3 times a day and flossing daily (our assistant will review the proper method at your first appointment) is an important key to your success. If you have any questions, please never hesitate to ask us.