



**BRACE BREAKERS:**  
**RULE #1 NO STICKY FOODS.**  
**RULE #2 NO HIGH IN SUGAR FOODS.**  
**RULE #3 NO BITING INTO PENS, PENCILS, FINGERNAILS, HARD VEGETABLES, AND FOODS WITH BONES.**

ALL HARD VEGETABLES, CORN ON THE COB, AND FOODS WITH BONES MUST BE CUT UP INTO SMALL PIECES AND EATEN ON THE BACK TEETH. (NO BITING INTO)

THE FOLLOWING FOODS ARE LISTED TO INFORM OUR PATIENT'S OF WHAT NOT TO EAT DURING TREATMENT. KEEP IN MIND WE DO NOT UPDATE THIS LIST AS NEW CANDY IS INTRODUCED INTO THE MARKET. IF IT FOLLOWS THE RULE OF STICKY, GOOEY, HARD, OR CRUNCHY, THEN IT CANNOT BE EATEN.

**GUM OF ANY KIND** (DOESN'T STICK, BUT CAN EVENTUALLY PULL BRACES LOOSE!)  
**CARAMELS**  
**TAFFY**  
**GUMMY BEARS**  
**NOW-N-LATERS**  
**JELLY BEANS**  
**SKITTLES**  
**TOOTSIE ROLLS**  
**STAR BURST**  
**BEEF JERKEY**  
**PIZZA CRUST** (NO BITING INTO)  
**NUTS**  
**POPCORN** (HUSK CAN CAUSE INFECTION)  
**DORITOS** (3D PUFFS ARE OK)  
**FRITOS**  
**PRETZELS**  
**ICE**  
**HARD CANDY**  
**BLOW POPS**  
**SLIM JIMS**  
**BAGELS** (NO BITING INTO)

SOME PATIENTS GO THROUGH TREATMENT WITH OUT BREAKING ANY THING. THERE IS THE POTENTIAL TO NEVER HAVE A LOOSE OR BROKEN BRACE. HOWEVER, IF YOU EAT WHAT YOU ARE NOT SUPPOSED TO, THEN YOU MAY BREAK SOMETHING. **PLEASE KEEP IN MIND LOOSE OR BROKEN APPLIANCES CAN SLOW DOWN TREATMENT, CAUSE UNNECESARY TRIPS TO THE OFFICE, CAUSE DISCOMFORT, AND, ADDITIONAL CHARGES WILL BE INCURRED.**

I HAVE BEEN TOLD, UNDERSTAND, AND WILL AGREE TO THESE GUIDELINES, AND ACCEPT RESPONSIBILITY SHOULD BREAKAGES OCCUR.

SIGNATURE OF PATIENT \_\_\_\_\_

SIGNATURE OF RESPONSIBLE PARTY \_\_\_\_\_