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WHY DO THE BRACKETS COME OFF THE TEETH?

The glue that holds the brackets onto the teeth can only be so strong. This allows us to remove the brackets safely at the end of your treatment. If you bite down too hard on something, the glue bond will break and the brackets will come off. The glue does not ever dissolve or wear off. Only breaking the glue bond can remove the bracket.

WHAT YOU CAN DO TO KEEP BRACKETS FROM BREAKING OFF THE TEETH

DON'T

- Chew on **ice**
- Bite into **hard foods** such as raw carrots, apples, pizza, or French bread crust, croutons, corn nuts, bagels, etc.
- Bite into **hard candies** like lollipops, jolly ranchers, jaw breakers, skittles, etc.
- Chew on **non-food items** like pens or pencils, tear labels off clothes or rip open packages with your teeth.
- Get **hit** in the mouth when playing baseball, basketball, soccer or any other contact sport.

DO

- Drink lots of **water**
- **Cut food** into bite-sized pieces and put them on your side teeth to **chew slowly**.
- Eat **healthy foods** instead. If you just have to have candy, be careful and brush well afterward!
- Use scissors to open packages. Chew sugarless gum.
- Wear a **mouth guard**.

If something does break, **call the office right** away. **Save the pieces** in an envelope and bring them to the office for repairs. When the tooth is not attached to the bracket, the tooth will move in the **wrong direction** very quickly and **prolong your treatment time**.

Let's work together to keep your braces on your teeth so we can move through treatment as fast as possible and avoid additional charges for repairs.