



ALLEGHENY ORTHODONTIC
ASSOCIATES



NO-NO LIST!

(To Be Posted On Your Refrigerator Door)



THINGS YOU CANNOT EAT, CHEW or ANYTHING WHILE IN BRACES!

ICE - A thousand times NO. It will totally destroy your braces.

PIZZA CRUST - The hard crust bends wires.

HARD PRETZELS - Bends wires, loosens bands, and knocks off brackets.

DORITOS, TACOS, TOSTITOS, CHEETOS, FRITOS and the like - Will break off brackets.



CARAMEL CANDY, CHEWING GUM - Sticky goo which pulls off wires and braces.

HARD ROLLS, BAGELS, BONES - Bends the wire and knocks off brackets.

BEEF JERKY - Tough as nails.

SUCKERS - Too hard and full of sugar.

NUTS - No nuts of any kind.

RIBS - Knocks off brackets, remove meat from bone.

PENS and PENCILS - Favorite exam time food, breaks everything.



POPCORN - The little shells get between the gum and bands-hurts you like crazy.

RAW VEGETABLES and FRESH FRUITS - Should be cut into small pieces.

CORN ON THE COB - Cut corn off the cob.

ANYTHING STICKY - This includes baking that is made with molasses and marshmallows, caramel, or homemade candy.