

Food List

Food Not To Eat

Pop
Gum
Popcorn
Doritos chips
Gummi Bears
Caramel
Hard Tacos
Nuts
Ice (do not chew)
Candy bars with nuts and caramel

Food to cut up

Pizza
Carrots
Apples
French bread
Corn on the cob (cut it off the cob)

If you follow this list, your chances of having brackets and bands loose should be pretty small. If a bracket or band does come loose, give us a call and we will fix it as soon as possible.

Thank You!

