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Eating Habits

IT IS BEST TO AVOID FOODS THAT ARE HARD, CRUNCHY, STICKY, CHEWY, OR FOODS THAT ARE HIGH IN SUGAR CONTENT.

WE RECOMMEND THAT YOU COOK YOUR VEGETABLES BEFORE YOU EAT THEM. ALSO, CUT CORN OFF THE COB, MEAT OFF THE BONE, AND FRUIT (SUCH AS APPLES) INTO SMALL BITE SIZE PIECES.

PLEASE DO NOT USE YOUR FRONT TEETH TO BITE INTO ANYTHING THAT MAY DAMAGE YOUR BRACES.

REMEMBER TO BRUSH AFTER EACH MEAL OR SNACK, AND FLOSS AT LEAST ONCE DAILY.

IF YOU HAVE ANY QUESTIONS OR CONCERNS, PLEASE DO NOT HESITATE TO CALL US.