



Food & Habits to Avoid

Examples of foods to avoid:

- Whole Nuts
- Corn Nuts
- Tortilla chips, Doritos
- Jerky
- Granola bars
- Whole apples



Examples of hard candy to avoid:

- Jolly Ranchers
- Now & Laters
- Suckers
- Jaw breakers



Examples of sticky candy to avoid:

- Taffy
- Caramel
- Tootsie Rolls
- Milk Duds
- Sugar Daddys
- Gummie Bears
- Skittles
- Starburst



Examples of foods that should be cut up first:

- | | | |
|-------|-----------------|-------------------|
| Pizza | Apples | Chicken |
| Steak | Corn on the cob | Pork or beef ribs |
| | Raw Vegetables | |



Examples of habits to avoid:

- Nail biting
- Chewing on ice
- Chewing on pens & pencils



Be attentive in following these rules. Loose brackets or wires that must be replaced WILL significantly increase your total treatment length.

