

TREAT YOURSELF RIGHT

With the Halloween treats you choose to eat

Many treats can cause havoc for trick-or-treaters with braces, clear aligners or other orthodontic appliances. These treats can potentially cause damage that may prolong your treatment. This is why the American Association of Orthodontists (AAO) and I are providing tips for trick-or-treaters who are having orthodontic treatment. Learn about which treats are orthodontic-friendly and which ones should be avoided.

A few sweets can be okay occasionally, provided that you remember to brush and floss after eating. Below are guidelines to help you enjoy the holiday and still be on pace to complete your treatment with a healthy, beautiful smile.



ORTHO-FRIENDLY TREATS

In general, look for foods that are soft and easy to chew.

Soft, melt-in-your-mouth chocolates

Peanut butter cups

Milk shakes

Gelatin

Peeled, thinly sliced apples

Ice cream



TREATS TO AVOID

In general, avoid treats that are sticky, hard, chewy or crunchy.

Caramel

Nuts (including candies that contain nuts)

Licorice, jelly beans, taffy, candy corn or bubblegum

Hard pretzels

Lollipops

Popcorn (including unpopped kernels)

Taco chips

Ice

Ask my staff or me if you have specific questions or concerns.

