

Playing an instrument or a contact sport may require some adjustment when you first get your braces, but wearing braces will not stop you from participating in any of your school activities. If you play a contact sport, it is highly recommended that you wear a mouth guard to protect your braces and teeth.

**Mouth guards** can be one of the least expensive investments of protective equipment available. Mouth guards not only save teeth, they protect the jaw. Patients wearing braces have a higher risk of injuries including lacerations and broken braces. In fact, the AAO estimated that more than 200,000 oral injuries could have been prevented simply by wearing a properly fitted mouth guard.

Mouth guards should be worn by everyone, (both children and adults), who play contact sports such as wrestling, football, baseball, volleyball, soccer, ice hockey, basketball, boxing and lacrosse. For those athletes participating in non-contact sports or recreational activities such as mountain biking, gymnastics and skateboarding would also benefit from wearing a mouth guard.



**Sport and Braces:**

You can play sports while you are undergoing orthodontics treatment. For contact sports you must wear an orthodontic mouth guard to protect your teeth and braces. These mouth guards are available at our office.

**Musical Instruments and Braces:**

You can play an instrument while undergoing orthodontics treatment. If you played a mouth instrument prior to wearing braces it will now feel different and you may need to position your lips differently.

**Camp and Braces:**

Many of our patients leave during the summer for camp. We will supply you with plenty of wax and rubber bands (if needed). We prefer to see you right before you leave and as soon as you return. Most camps have an orthodontist nearby for emergencies

**FOODS TO AVOID DURING ORTHODONTIC TREATMENT**

**Do not eat sticky and/or chewy food such as:**

1. **Gum of any kind**
2. **Anything that may contain Caramels(ex. Baby Ruth, snickers etc)**
3. **Jelly beans**
4. **Licorice**
5. **Milk duds**
6. **Now & laters**
7. **Tootsie Rolls**
8. **Bagels**
9. **Taffy**

**10. Soft Pretzels**

**Do not eat hard and/or crunchy food such as:**

1. **Chips (Fritos, Doritos, Pretzels, etc)**
2. **Cookies**
3. **Hard candy (lifesavers, lollipops ,jaw breakers, etc)**
4. **nerds**
5. **Ice Cubes**
6. **Any type of Brittle**
7. **Pizza Crust**
8. **Hard bread thick buns or bagels**
9. **Hard fruits (apples, pears, peaches) unless they are sliced or cooked.**
10. **Hard vegetables (carrots, celery, broccoli etc) unless they are shaved, grated or cooked**
11. **Popsicles ( if hard like ice)**
12. **Hard shell tacos**
13. **Ice cream cones**
14. **Nuts of any kind**
15. **Corn on the cob**
16. **Meat on the bone**
17. **Chewable vitamins and candy**
18. **Keep fingers and objects out your mouth**
19. **DO NOT PLAY WITH BRACKETS**

**Radiance Orthodontics**

**17427 Bridge Hill Ct**

**Suite A**

**Tampa, FL 33647**

**813-972-1100**