

HW Dental
Hongwei Wang, DDS & Associates

TAKING CARE OF YOUR BRACES

HARD and STICKY foods do the most damage by bending wires, loosing cement under the bands or breaking the brackets. This will delay treatment and make extra visits to our office for necessary repairs. Call the office 614-895-1100 immediately if something breaks. It is best to cut up foods into small thin bites. It is impossible to list ALL forbidden foods but bellow are some of those we find cause problems:

- *Corn on the cob
- *Nuts
- *Popcorn
- *Doritos, Fritos & Corn chips
- *Beef jerky
- *Suckers
- *Hard Tacos
- *Bubble Gum or (Sugar Free)
- *Ice
- *Hard Pizza Crust
- *Hard Rolls / Bagels
- *Hard/Sticky Candy of ANY kind

HW Dental Westerville 614-895-1100
HW Dental Sawmill 614-889-0664
HW Dental Clintonville 614-262-8180
HW Dental Polaris 614-888-9399