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PEDIATRIC & ADOLESCENT DENTISTRY

Dear Parent:

Today your child had an appliance cemented in his/her mouth. **Please do not eat for 1 HOUR AFTER APPLIANCE IS CEMENTED IN PLACE. Please make sure your child does not eat any hard or sticky foods, candy.** It is recommended that if your child had an anterior or front tooth partial put in that he/she does not eat the following foods:

1. Corn on the cob
2. Apples/carrots (unless cut into small bites)
3. Hard pizza crust, chicken legs
4. Peanuts
5. Any hard or sticky foods (including candy and gum) that may pull on the appliance or become trapped underneath
6. Ice
7. Beef Jerky
8. Pretzels / Hard Chips (Kettle or Corn)

DO NOT EAT THE FOLLOWING AT ALL:

1. Skittles / Jelly Beans
2. Laffy Taffy
3. Fruit Roll-ups / Fruit Snacks
4. Jolly Ranchers
5. Caramel Candy
6. Blow Pops
7. Starbursts
8. Tootsie Rolls
9. Bubble Gum
10. Gummy Bears

The child should never pull on appliance with hands. Please brush your child's spacer as if it was his/her teeth. Repair or replacement of spacers can be time consuming and very costly. Please keep your regular recall (6 months) visits to monitor the appliance.

Parent Signature: _____ Date: _____

Witness Signature: _____ Date: _____