



*Zinati Orthodontics*

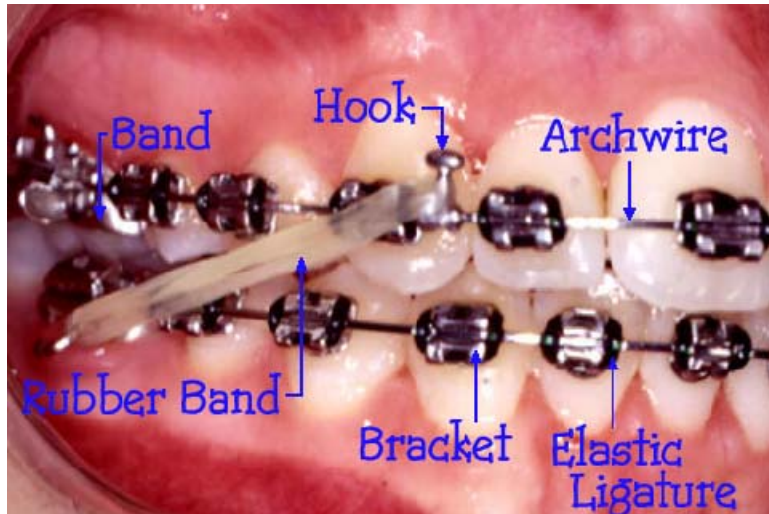
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**Orthodontics for Children and Adults**

www.zinati.com



**A. Ligature**

The archwire is held to each bracket with a ligature, which can be either a tiny elastic or a twisted wire.

**B. Archwire**

The archwire is tied to all of the brackets and creates force to move teeth into proper alignment.

**C. Brackets**

Brackets are connected to the bands, or directly bonded on the teeth, and hold the archwire in place.

**D. Metal Band**

The band is the cemented ring of metal which wraps around the tooth.

**E. Elastic Hooks & Rubber Bands**

Elastic hooks are used for the attachment of rubber bands, which help move teeth toward their final position.

# AVOID EATING THESE THINGS:

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## Hard foods:

Anything that is hard cannot be chewed with braces on. Remember, braces are fragile, and strong forces from hard foods will break them off. Damaged appliances will extend treatment time. Extended treatment time will increase the risk of cavities and stains on your teeth.

## Sticky foods:

Braces can be pulled apart with sticky foods. Again, this could extend your treatment time.

## Anything high in sugar:

Braces make it harder to keep your teeth clean. Sugar will feed the bacteria that cause cavities. If you do eat any foods high in sugar, brush your teeth immediately.

# EXAMPLES OF WHAT TO AVOID:

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- Ice....Definitely NO!! It totally destroys braces.
- Nuts
- Peanut brittle
- Hard pizza crust
- Corn on the cob
- Ribs
- Doritos, corn chips, hard tacos, cheetos, fritos and the like
- Suckers
- Popcorn
- Hard pretzel
- Apples and hard fruits (cut into small pieces)
- Hard rolls and bagels
- Hard candy
- Raw carrots
- Bubble gum
- Carmel candy, Taffy
- Beef jerky

***This is just a small list. Remember, nothing hard, sticky, chewy or sweet.***