

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 treatment. This is why the American Association of Orthodontists (AAO) is providing tips for trick-or-treaters who are undergoing orthodontic treatment. Learn about which treats are orthodontic-friendly and which ones should be avoided.

A few sweets can be okay occasionally, provided that the orthodontic patient remembers to brush and floss after eating. Below are guidelines for orthodontic patients so that they can enjoy the holiday and still be on pace to achieve their healthy, beautiful smiles.



Ortho-Friendly Treats

In general, orthodontic patients should 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, orthodontic patients should avoid treats that are sticky, hard, chewy or crunchy

- ▶ Caramel
- ▶ Nuts (including candies that contain nuts)
- ▶ Licorice, jelly beans or taffy
- ▶ Hard pretzels
- ▶ Bubblegum
- ▶ Candy corn
- ▶ Lollipops
- ▶ Popcorn (including unpopped kernels)
- ▶ Taco chips
- ▶ Ice



The AAO encourages orthodontic patients to consult with their orthodontist if they have specific questions or concerns.

More information for trick-or-treaters, including orthodontic-friendly recipes from the AAO, is available at www.braces.org.

American Association of
Orthodontists

