



October is National Orthodontic Health Month

Share Our “FLOSSOPHY”
Halloween With Braces Can Be Sweet

Avoid the Treats that Can Play Tricks on Your Braces

Anything that is hard, sticky or chewy – like these:

- Caramel
- Taffy
- Popcorn
(including unpopped kernels)



- Hard Nuts
- Hard Pretzels
- Ice

Enjoy braces-friendly treats —
and be sure to brush and floss after indulging.

Find braces-friendly recipes on www.braces.org.



American Association of **Orthodontists**

