



David J. Harnick DDS, MSD
8631 Golf Course NW, Ste F
Albuquerque, NM 87114
(505) 831-1600

Eating Habits

It is best to avoid foods that are hard, ooey, gooey, crunchy, or chewy. Also avoid foods & drinks that are high in sugar content.

We recommend that you cook your vegetables to soften them before you eat them. Also, cut corn off the cob, meat off the bone, and fruit (such as apples) into small bite size pieces.

Please do not use your front teeth to bite into anything that may damage or break of your braces.

Remember to brush after each meal and snack. Floss at least twice a day.

If you have any questions or concerns, please do not hesitate to call us.