



Orthodontic Patients: Unmask a Safe Halloween for Your Teeth

Halloween can be a scary time for teeth. October is National Orthodontic Health Month, celebrated by orthodontists throughout the U.S. and Canada. Dr. Blaine Langberg, along with The American Association of Orthodontists (AAO), offer these tips to keep teeth safe from decay, and protect braces, clear aligners and other orthodontic “appliances” during the Halloween season:

Avoid sticky situations with your braces. Stay away from hard, sticky, crunchy or chewy candy and snacks. These include hard or chewy candies, caramel, licorice, taffy, bubblegum (even the sugarless kind) and jelly beans. Also steer away from nuts, taco chips and popcorn (especially unpopped kernels). Good alternatives include soft chocolates, peanut butter cups or other melt-in-your-mouth varieties.

Brushing and flossing are more important than ever during the Halloween season, when teeth may receive more exposure to sweets that can cause cavities. Orthodontic patients should be especially conscientious about brushing and flossing after consuming sugary or starchy foods.

Dr. Langberg is a board-certified orthodontist who offers cutting edge treatment options for adults and children, including Invisalign® and Incognito™ braces. For more information and for recipes designed especially for orthodontic patients, visit Dr. Langberg’s website at www.braceyourselves.com.

For a complimentary consultation, contact Dr. Langberg & Team at (203) 431-4466 or email drlangbergsc@gmail.com. For the latest updates and newsfeeds, join Dr. Langberg’s Facebook community. Go to www.facebook.com and search Dr. Blaine Langberg Orthodontics/Ridgefield CT.