

The ‘Straight’ Facts: How To Avoid A Sticky Situation This Halloween

By [Thomas R. Pitts](#) on October 16, 2012

For the millions of children and teens wearing braces—and parents responsible for treatment costs—Halloween candy can be a real horror.

The wrong treat can severely damage braces, wires and brackets, potentially prolonging treatment and adding unnecessary costs—but who says those with braces can't enjoy the Halloween treats?!

Thanks to [Damon® System](#) orthodontist Dr. Thomas Pitts, children and teens can keep their braces, brackets and teeth safe while still enjoying Halloween sweets by following the below tips:



- * Encourage your child or teen to choose soft, melt in your mouth, sugar-free items over hard, chewy, sticky, sugar rich candies. Stay away from enticing caramel candy apples and hard brittle that can loosen brackets and wires, (even break teeth!) instead opt for smooth, sugar-free peanut butter cups and chocolate kisses.
- * Get creative! Make homemade smoothies or milkshakes with a festive twist for those with braces. Consider supplying your Halloween party with homemade treats such as delicious reduced sugar cream pies and parfaits with fresh fruits and whipped cream.
- * Don't allow your child or teen indulge in Halloween candy throughout the day! Limiting sugar intake to once a day, rather than consuming small pieces of candy all day long, can reduce the teeth's exposure to damaging sugars.
- * Be diligent about dental hygiene. Make sure braces-wearers brush and floss after eating Halloween candy to remove excess sugar and trapped particles from the mouth.

- ★ Check in with your orthodontist for more braces-friendly Halloween tips. Many orthodontists even offer a Halloween candy buy-back program to help reduce candy consumption and encourage proper oral health while supporting charities.



Dr. Thomas R. Pitts D.D.S., M.S. is an orthodontic specialist practicing in Reno, Nevada. He also currently serves as an Associate Clinical Professor in orthodontics for University of the Pacific's School of Dentistry in San Francisco. Dr. Pitts has practiced orthodontics since 1970 and is a member of the American Association of Orthodontists. He is a proud Damon System provider.

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