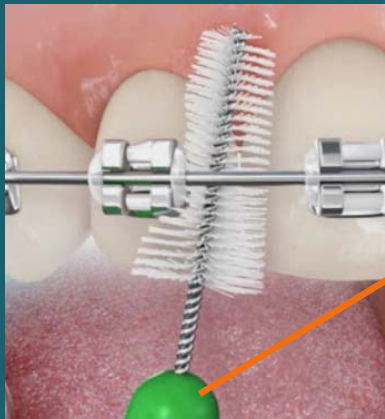# Food caught between teeth

- This is easily fixed with a piece of dental floss

- Try tying a small knot in the middle of the floss to help remove the food, or use an interproximal brush or toothpick to dislodge food caught between teeth and braces