



## Oral Health Connection

### *Dental Care and Traveling*

Summer is a big time for family vacations and traveling in general. The kids are out of school and the weather is warm. Whether you're traveling for business or pleasure, being away from home can interrupt your dental hygiene routine. With a little preparation, though, you can help keep your smile healthy without much effort.

#### **Smart Packing**

Creating a list of travel essentials is a great way to make sure you don't forget the important stuff. Keep your toothbrush, paste and floss where they are easily accessible. Keeping these items in your carry-on luggage is a good idea in case your luggage becomes lost. Make sure the size of any toothpaste and/or mouthwash meets carry-on specifications.

#### **Protect Your Tools**

Traveling can be rough on your luggage, even your dental care necessities. A toothbrush cap is a great way to protect the bristles from damage and germs during travel. Keep your toothbrush uncapped during your stay so the bristles can adequately dry and discourage bacteria growth.

Worried about your mouthwash bottle leaking and spilling on the rest of your belongings? An easy way to prevent this is by placing your mouthwash in a plastic baggie. Even if the bottle leaks, it

won't damage anything. Hint: this is also a great idea for lotions, shampoos and other liquid products!

#### **Watch Your Sugar Intake**

It's fun to try new foods and indulge while traveling to different places, but do it in moderation. Try to limit the intake of sugary foods and beverages, which can increase your risk of tooth decay. Rinsing with water or mouthwash after eating or drinking can help wash away some of the sugar particles. Chewing sugar-free gum is also a good decision.

Following these simple guidelines during a trip can help prevent problems that would be both inconvenient and unwelcome. If you're traveling out of the country, scheduling a dental checkup before you leave may be a good idea. This is especially important if you're traveling to a location where access to quality dental care is limited or nonexistent.

**You can find more oral health tips by logging in to  
our online member portal at [DentalCarePlus.com](https://DentalCarePlus.com).**

T H E P L U S I S S E R V I C E