



NEWS RELEASE
For Immediate Release

7 tips for good oral health on vacation

NAPERVILLE, Ill. (May XX, 2011) – Now that school is out and warm weather is here, many families are making summer travel plans. And as fun as they are, vacations can disrupt your oral health care routine.

“Being away from home can make it easier to neglect your oral health and may take a toll on your teeth,” said Dr. Katina Morelli, DDS, dental director for Delta Dental of Illinois. “But even while you travel, you don’t have to take a vacation from good oral hygiene.”

Below are some tips from Delta Dental of Illinois to help easily keep your family’s teeth clean and healthy while traveling.

Pack properly

Be sure to pack extra travel toothbrushes, paste and floss where you can get to them easily. In case you wake up in-transit or lose your luggage, you will still have easy access to oral health care.

Protect your toothbrush

Toothbrush caps are great for protecting brush bristles from germs and damage in your bag. Once you arrive at your destination though, it’s best to uncap. Covering wet bristles can trap moisture and encourage bacteria growth.

Bring disposable products

If you will be traveling in a place where you won’t have access to clean water or a sink, taking steps to clean your teeth are still important. Be sure to pack floss and look for products like disposable toothbrushes or tooth wipes, which don’t require paste or water.

Watch what you eat

While on vacation, people tend to change their eating habits and indulge themselves more. The increased exposure to sugar can affect your teeth. Try to limit the number of times your family enjoys sweets while away from home.

Pack healthy snacks

Pack a cooler or bag of snacks, but be selective. Choose tooth-friendly foods like baby carrots, celery and apples or healthy snacks like string cheese, yogurt tubes, whole grain

crackers or plain nuts. Pass on soda and sugary drinks and opt for water or sugar-free beverages instead.

Try treats for your teeth

Chew sugar-free gum sweetened with xylitol on long flights or car rides to help stimulate saliva production and rinse away food particles.

Rinse with water

Even if all you have is water, rinsing well after eating or drinking can help rinse away sugars – until you are able to brush.

About Delta Dental of Illinois

Delta Dental of Illinois (DDIL) is a not-for-profit dental service corporation that provides dental benefit programs to 4,800 employee groups throughout Illinois. DDIL covers 2 million employees and family members in these groups nationwide. DDIL is based in Naperville, Illinois and offers single-site administration and client services.

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