



Vacation Braces Care

www.straightsmile.ca

STRAIGHTSMILE Team Tips:

If you are wearing braces and are planning a vacation, we would suggest that you be prepared. We put together a list of items that will be handy to have with you at all times while you are out of town.

Putting these items together in a “braces/oral hygiene kit” may be wise. You may even buy pre-made braces kits. Please ask us for more information.

Emergency?

If you happen to be on vacation and experience problems reaching our office, we suggest going online and searching for orthodontic practices in your area. Most orthodontists will lend a helping hand to another orthodontic patient and get him or her out of pain or discomfort.

Food to Avoid

We also suggest avoiding the following foods to prevent broken brackets and/or wire distortion while you are on vacation:

- Chewy, sticky, or gummy food
- Apples, pears, and other whole fruits (cut fruit into wedges before consuming)
- Bagels and hard rolls
- Corn on the cob
- Hard candies, cookies or pretzels
- All varieties of nuts, including peanuts, almonds, and cashews

Finally, if you are wearing clear aligners and happen to lose your tray, don't worry! Simply put in either the previous tray or the next tray and contact us as soon as you get home!

Braces Travel Kit

- Toothpick, flosspick, or other interdental cleaners
- Travel toothbrush
- A water bottle or a mini bottle of mouth rinse
- Orthodontic wax to help with discomfort from protruding wires
- A small mirror for examining any possible issues in your mouth

Follow these tips and you can have a worry-free vacation! Please give us a call if you have any questions!

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