United Concordia - Newsroom

Summer travel tips for a healthy smile



CAMP HILL, Pa. (July 14, 2025) – Good oral health can be a key factor in enjoying vacation to the fullest and making lasting memories. No matter how you get there, a few simple steps can help ensure a healthy smile during summer travel – and all season long.

“Traveling can disrupt your family’s daily oral hygiene habits, but keeping to a consistent routine minimizes the risk of issues,” said Anthony Warren, DDS, dental director, United Concordia Dental. “Brushing twice a day for two minutes and flossing daily decreases the likelihood of plaque buildup, gum disease and potential dental emergencies.”

According to the 2025 Deloitte summer travel survey, 53% of Americans plan to take leisure vacations this summer. Keeping these oral health tips in mind will make it easier to maintain a healthy mouth while traveling:

- **Pack a travel-friendly dental kit**. To make sure your family practices good dental hygiene while traveling, prepare an on-the-go kit with items like portable toothbrushes, toothpaste and floss. These essentials will ensure oral health remains a priority while away from home.
- **Stay hydrated**. Hydration is especially important in the summer heat. Drinking water helps wash away food particles and acids that can lead to cavities. For long travel days, bring reusable bottles for easy access to water throughout the day, and avoid high-sugar drinks to further reduce your risk of tooth decay.
- **Limit sugary snacks**. While it can be tempting to indulge when traveling, opt for fruits, vegetables and nuts instead. These healthy snacks help protect your teeth and improve your chances of avoiding cavities.
- **Schedule dental checkups**. Along with removing plaque and tartar buildup, professional cleanings allow your dentist to identify and treat any potential problems early on, helping to avoid painful dental issues while on vacation. Arranging these appointments for all family members before your trip can ensure optimal oral health for summer travel.

For more on oral health, visit the Wellness Resources section at UnitedConcordia.com. Sign up to get the latest company news.

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