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Bracing up is hard to do: The truth about kissing with braces ^[1]

Dear Alice,

When both of you have braces, and you do happen to get stuck together, is there any way to unhook without help from anyone other than you and him?

Answer

Dear Reader,

Though the idea of being in this situation may seem mortifying, rest assured, the likelihood of it happening is minimal. If, however, you do find yourself in a bind, the best thing to do is relax and take a deep breath before slowly and carefully trying to unhook yourselves. To prevent this braces breakdown in the future, there are measures you can take to protect your braces from getting hooked and potentially broken.

Most braces today use newer technology that allows for smaller and smoother brackets, which means it's unlikely that anything will get snagged in them. In any case, there are some steps you can take to ensure that doesn't happen. When it comes to lip-smacking, it's probably best to start slow so you and your partner become familiar with each other's smooching habits. While you're in the act, you might consider sticking with some closed-mouth canoodling and keep it light on the pressure. If these strategies don't seem to work, it might be helpful to use some wax on the bumpy parts of your braces, which can help prevent any wires from getting caught.

If you do find yourself in a position where you and your partner are locking more than just lips, consider telling a funny joke or playing the staring game to ease tensions while trying to untangle and separate, slowly, gently, and carefully. If all else fails, a humble yell or phone call might be your best bet; though embarrassing, it's certainly a better option than the damage that a hefty tug could cause. If one of your brackets breaks in this process, it's recommended that you make an appointment with your orthodontist to get it fixed sooner rather than later.

Here's to bracing for smooth smooching sessions in the future,

Alice!

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