

Featured

# Visit your dentist before you travel.

The flights have been booked, hotels organized and tour planned. The thought of taking a well-deserved break and going travelling is exhilarating. However before you get overwhelmed with the excitement, just as you should check on vaccinations you may need, consider getting a dental check at least few weeks before you leave.

There is nothing worse than having a toothache when you're enjoying yourself exploring a new country.

Dental problems can strike at any time and access to dental treatment may not be readily available at all destinations. Additionally, the chances of you finding yourself in a dental emergency significantly increase if you have undiagnosed or untreated dental problems.

Young adults in particular should pay their dentist a visit to check the status of their wisdom teeth and take necessary measures to prevent them from playing up while travelling.

So before you jump on the plane, book in to visit

your dentist for an exam and any necessary x-rays.

Are you planning to go scuba diving or snorkelling during your trip? According to a recent survey (published in the British Dental Journal) a significant proportion of divers experienced some form of toothache while underwater.

The ache was attributed to a condition known as barodontalgia, which presents itself as a sharp pain and is triggered by a change in ambient pressure and could also occur during flights. Teeth with cavities, infections and faulty restorations are the main culprits of this unpleasant condition.



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Look who's 7

### This month...

*Are you booked or currently in the process of organising a getaway?*

*Consider having a dental checkup before jumping onto that aeroplane!*

*In this month's article we cover travel related dental emergencies as well as prevention and precautionary measures which you can take in the weeks leading up to your holiday.*

*We've additionally included a visual guide as to how much toothpaste both you, and your children should be using for each clean.*

*Lastly, we've been in celebration mode as we hit another milestone. Check out our how we enjoyed our special day.*

Dr Simon Franks





References:

1. <https://www.betterhealth.vic.gov.au/health/healthyliving/travel-health-tips>
2. <http://onlinelibrary.wiley.com/doi/10.1111/j.1708-8305.1997.tb00771.x/pdf>

**What about oral care?**

Often we indulge ourselves with local cuisine and perhaps have too many soft drinks and alcoholic beverages. Make sure you have plenty of water after your meals to dilute any sugars and acids that are contained in food and drinks so it will wash them away from your teeth. If the tap water at your chosen destination isn't safe to drink, then it's also not safe to brush your teeth with—so use bottled or treated water for brushing.

Changes in time zones and lack of schedule could also affect your oral hygiene routine resulting in you skipping brushing and flossing sessions. In order to maintain a good level of oral care, pack a small tube of toothpaste and a toothbrush with you and carry it around in your bag so it is easily accessible at all times.

Here, at Bite Dental Studios, we often get small sample size tubes of toothpaste so don't be shy and ask one of our friendly staff to give you one or two to take with you on your next holiday.

*Healthy Hygiene Hints*

**How much toothpaste should I use?**

Throughout the years various commercials on TV and magazines made us believe that we should cover the entire length of our toothbrush with a thick ribbon of toothpaste.

In fact most adult only need a pea sized amount (think frozen peas) of toothpaste to give their teeth a good clean. Kids between the ages of three to six will need a small pea sized amount (think frozen baby peas) and under 3's will only need a tiny smear of the toothpaste (about the size of the grain of rice).

*Kat*



**Team**

**Happy Birthday to us!**

It's Bite Dental's 7th Birthday! It's customary for our team to celebrate by participating in a fun activity, so this year we were treated to a delicious dinner at the Brewhouse Woolloongabba and did a Boggo Road Gaol ghost tour.

We were taken through this heritage-listed landmark by a knowledgeable guide who shared somewhat scary stories of what's known to be one of Australia's once most-notorious (and haunted) prisons. The Gaol had been in operation for over 100 years.

Celebrate everyday heros. Let us know if you have a cause you'd like us to shout about.