

## Traveling Tips: Dental Health Care On The Go

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Whether it's a quick car ride to the neighboring state, a 14-hour plane ride across the globe, or a day of acting as a tourist, all travel bugs struggle with the same issue: their daily routines are thrown out of the window. With all of that eating out and snacking while traveling, your dental hygiene easily gets pushed aside.

Founding dentist of the official cosmetic dental office for [ABC's Extreme Makeover: Weight Loss Edition](#) and Scottsdale-based [Studio B Smiles](#), Dr. Badolato recommends the follow tips for when you're out and about this summer during travel.

- 1) **Invest In Electronic:** The DiamondClean made by sonicare is a fantastic option for traveling. With a great travel case, it uses a phone charger rather than a wall cord to help minimize outlet use while traveling.
- 2) **Disposable Ready-To-Use Brushes:** They're quick and disposable and allow you to brush up your teeth here and there no matter the circumstance. They're easily found on Amazon in bulk quantities and they won't break your pocketbook.
- 3) **Let The Professionals Know:** If you have temporary dental fillings or crowns, let your dentist know you are traveling. They can give you temporary cement or a mold of your tooth to travel with just in case.
- 4) **Call The Professionals:** If you have a dental emergency, always call your dentist back home first. With their history of your dental care and working within the industry, they can generally help you find a quality dentist within the area to fit your personal needs. Also, most cruise lines have dentists and doctors on board.
- 5) **Get Checked Out:** Get all sensitive teeth checked before you travel. If you think you're fine, don't even risk it.
  - a. Changes in air pressure can actually make tooth symptoms more painful when at higher altitude.
  - b. Water activities such as scuba diving can also do the same.
- 6) **Pack The Good Stuff:** Ibuprofen. It's a lifesaver. It's always a must to have with you if you have tooth pain flair up. It will dramatically help inflammation and help for temporary pain relief.
- 7) **Mindful Snacking:** It's fun to snack around while in planes, trains, or automobiles, but watch out for tooth cracking foods: ice, hard candies, anything with a kernel.