



TRAVEL DENTIST ADVICE



Healthy smiles wherever you go!

Heading off on holiday this July? Follow our simple tips to keep your smile happy and healthy while you're away.



1. STAY HYDRATED

Drink plenty of water throughout your journey and holiday. It helps wash away food and bacteria and keeps your mouth feeling fresh.



2. KEEP BRUSHING

Brush twice a day for two minutes with fluoride toothpaste, even when you're on the go. Don't forget to brush before bed!



3. FLOSS DAILY

Flossing removes plaque between your teeth where your brush can't reach. Small habit, big difference!



4. WATCH THE SNACKS

Enjoying treats is part of the fun! Try to limit sugary snacks and drinks and choose tooth-friendly options when you can.



5. PROTECT YOUR SMILE

Sun, sea and sand are amazing – but don't forget lip protection with SPF and avoid using your teeth as tools!



6. KNOW WHERE TO GO

Find a local dentist at your destination in case of a dental emergency. It's better to be prepared!

DENTAL EMERGENCY?



If you have a dental problem while away, search online for a local dentist or call your travel insurance provider for assistance.

ENJOY YOUR HOLIDAY!

A little care goes a long way so you can relax and make wonderful memories.



HEALTHY SMILES. HAPPY TRAVELS.

We wish you a safe, fun and smile-filled July! ★