

# Oral Health Tips For Your Holidays Travels:

**Guiderland, NY** - Even when you are looking forward to spending time away from home to visit family and friends for the holidays or dreaming of that long-awaited vacation, there's no place like home-especially a dental home! With a little advanced planning you can avoid taking a vacation from your dental health while holiday traveling- Prevention is the key!

- Do not travel if you have a toothache. Schedule an appointment long before your trip if you suspect a problem so that you don't end up with a tooth emergency while out of town. If you cannot find the time to visit your dentist before traveling, research local emergency dental clinics in your destination just in case. Better safe than sorry!
- Keep a travel toothbrush, floss and toothpaste on hand. They can be found at almost any drug store. The size and convenience allows you to make sure you keep up with your oral hygiene while away from home. I typically recommend that you replace your old toothbrush with a new one every two to three months. However, this changes if you are traveling a lot because when you travel your toothbrush is indefinitely exposed to much more bacteria than in your own bathroom at home. Throw away your travel brush when you return home and replace it with a new one, no matter if it has hit the two to three month mark.
- There are a never ending supply of germs and diseases at airports, train stations, buses, or any other place you may encounter during your travels. You can never have enough probiotics. Many studies have revealed that probiotics are good all around-from your gut to your teeth to your immune system. We recommend Florastor. Florastor contains *Saccharomyces Boulardii* which can recolonize and sustain flora in the large and small intestine. It also reduces the growth of candida species thus lessening inflammation and supports the immune system.
- Bringing sugar free Xylitol gum with you on your travels can have many surprising benefits. Xylitol is a naturally occurring sugar substitute that is clinically proven to be a natural enemy of bacteria. Xylitol stimulates saliva flow which neutralizes mouth acids. It also helps keep an alkaline environment in which acid producing bacteria cannot survive and is conducive to the remineralization of teeth with initial damage from bacterial acids.
- Sugary treats are a bad idea anytime, but definitely when you're traveling. Not only does sugar make kids too bouncy in the car, but it is very bad for your teeth too, especially when you can't stop and brush for hours. Instead of sugary treats, choose healthy snacks that are better for your health and your teeth. Bring a cooler filled with baby carrots and broccoli instead of picking up candy bars and cookies at the pit stop. If you are planning to travel with kids, cut up fruits and veggies into sticks for easy snacking. Skip the convenience of boxed juices, which can contribute to tooth decay, and opt for water instead.

I would like to take this opportunity to Thank you for reading my monthly blog. Your questions and comments have inspired me to persist and persevere in my craft to continue to provide excellence in Dentistry for Total Body Wellness.

Call us today to hear about our great Holiday specials and Gift offers.

Wishing you a Happy and Healthy Thanksgiving and safe travels! With Oshins of Smiles,

Dr. Steven Oshins



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