fly fresh

Worried about bad breath when you're travelling? These STAY-FRESH TIPS will keep you out of trouble.

With air travel restrictions now in place limiting the amount and size of liquids, gels and aerosols that can be carried onboard as hand luggage, it can be confusing what to pack in your toiletries bag.

"When my wife Sarah and I went on a long flight trip to Italy early this year, I asked our practice's hygienist, Laurelyn Higgins, for tips to keep my breath fresh," says Dr Cameron Arnold of Smile Dental.

"Sarah was happy to give me a kiss when we landed so the tips passed the test! Follow these suggestions to keep you – and your fellow passengers – smiling."

Dr. Cameron Arnold
Smile Dental

- Pack a small travel toothbrush in your carry-on bag.
- Carry breath-freshening floss in your handbag. If you don't like traditional floss use Floss Picks or Piksters instead.
- Chew sugar-free gum or Minties to stimulate saliva and flush the mouth.
- Select fresh fruit and salads at meal times.
- Avoid foods like onions and garlic that may cause bad breath.
- Drink lots of water to keep hydrated.
- Rinse your teeth with water frequently.
- Carry small Listerine Pocket Packs or Oral B Brush-Ups.
- Don't smoke in airport facilities.