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ZERO CAVITY CLUB

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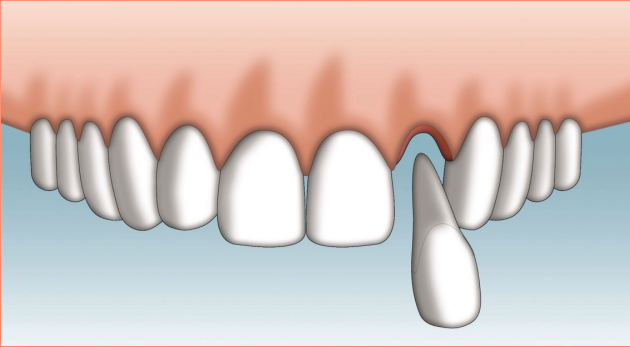
THEY SAY IT WE LOVE IT.

**CHILDRENS DAY
EVENT @ZERO
CAVITY!
STAY TUNED.**

WHAT TO DO WHEN YOUR CHILDS PERMANENT TOOTH FALLS OFF!

A lot of times young children lose their permanent teeth especially their front teeth while playing. NOT TO WORRY!

HERE'S WHAT CAN BE DONE



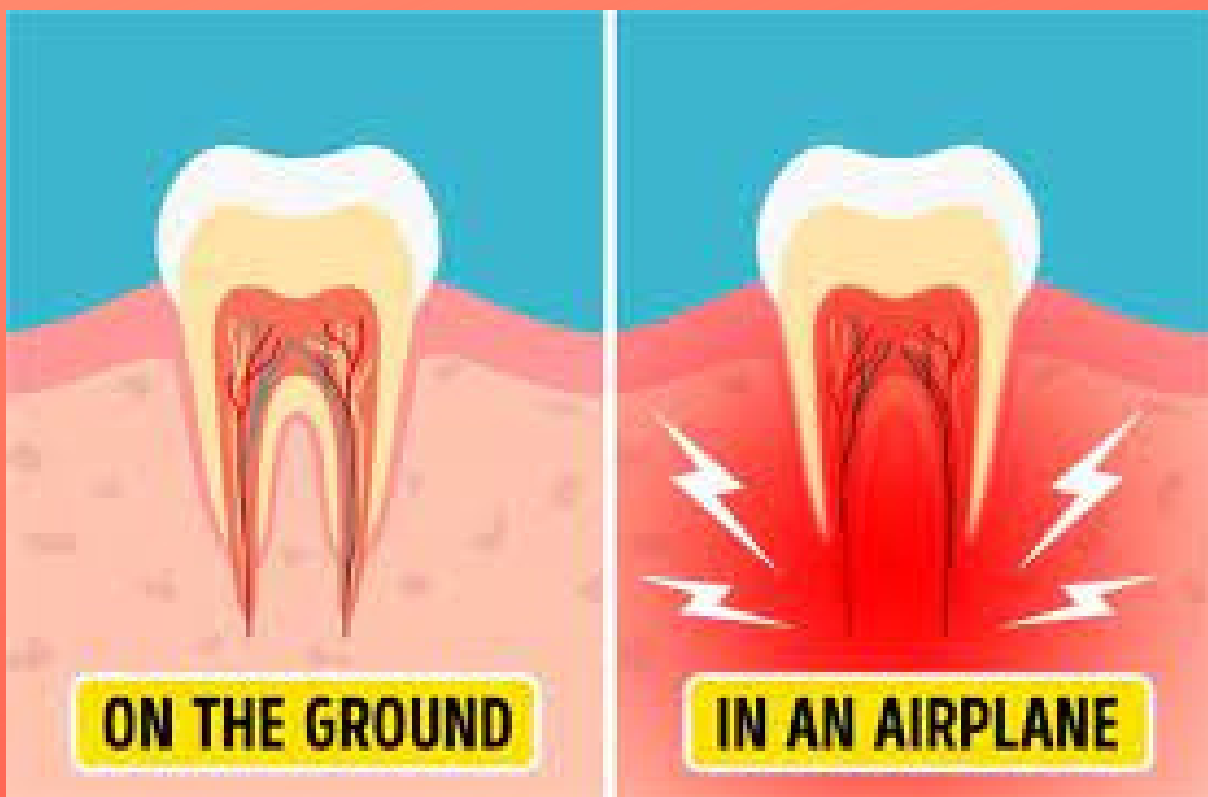
- **ACT QUICKLY:** IF YOU CAN MAKE IT TO THE DENTIST WITHIN **30 MINS** AFTER THE TOOTH FALLS, THERE'S AN INCREASED CHANCE OF MAINTAINING THE LIFE OF THE TOOTH
- **TOUCH ONLY THE CROWN:** IF THE TOOTH FALLS OFF TOUCH ONLY THE CROWN; THAT IS THE CHEWING SURFACE OF THE TOOTH.
- RINSE WITH **WATER**
- PUT IT **BACK IN THE SOCKET** IF POSSIBLE
- WE CAN USE MILK OR THE PERSON'S OWN SALIVA. THEY CAN SPIT THE SALIVA INTO A CONTAINER AND PUT THE TOOTH INSIDE THAT AND THEN YOU HAVE TO SEE THE DENTIST WITHIN HALF AN HOUR....



Can flying give you a tooth ache?

SOMETIMES YOU MUST HAVE NOTICED THAT DURING A FLIGHT SPECIALLY AFTER TAKE OFF, WHEN IT HAS REACHED A PARTICULAR HEIGHT, YOUR TOOTH STARTS ACHING OR BECOMES SENSITIVE! AND WHEN YOU FLY DOWN IT GOES AWAY?

So what exactly is going on?



BARODONTALGIA, ALSO KNOWN AS "TOOTH SQUEEZE," IS PAIN IN THE TOOTH REGION AFTER A PRESSURE CHANGE. THE NAME REFLECTS THE CONDITION – "BARO" MEANS PRESSURE, AND "ODONTALGIA" MEANS TOOTH PAIN. IT IS AN ACUTE TOOTHACHE WITH HIGH SENSITIVITY WHEN A SUDDEN CHANGE IN ENVIRONMENTAL PRESSURE OCCURS.

Here are some tips to ensure excellent oral health while travelling by plane taking into account some common dental issues that may appear during your flight.

Visit your dentist before your flight-

Consult your dentist before your flight and check if u need any dental treatment



Broken or cracked tooth-Rinse your mouth and apply cold compress to avoid or treat any swelling.



Tooth aches- Changes in air pressure can cause tooth aches, take a painkiller to treat your tooth ache. But visit your dentist asap.



Bad breath-Saliva production slows down while flying leading to bad breath,so drink plenty of water and eat healthy and brush your teeth.



How to prepare for your flight to assure a proper care for your gums and teeth?

BEFORE YOUR FLIGHT:

- Pack toothbrush, toothpaste, floss in your carry on luggage.
- Eat a well balanced diet.
- Drink plenty of liquids.
- Visit your dentist before you travel.

DURING YOUR FLIGHT:

- Avoid cold beverages and foods, and go for water instead of coffee, tea, and other acidic or sugary drinks.
- Carry extra medicines if it's immediate after surgery





They say it, we love it!

I'VE BEEN TO SEVERAL DENTISTS ACROSS MUMBAI SINCE A VERY YOUNG AGE. I'VE ALWAYS HAD TROUBLE WITH MY TEETH - SEVERAL CAVITIES AND MULTIPLE ROOT CANALS AND EXTRACTIONS. I EVEN HAD BRACES THRICE OVER (WORST EXPERIENCE EVER!!) BUT NEVER REALLY FELT FULLY SATISFIED WITH MY TREATMENT EVEN AFTER SPENDING SO MUCH MONEY ON NEW TECHNOLOGIES, BETTER SERVICE AND "CELEBRITY ENDORSED" CLINICS.

I TRIED OUT ZERO CAVITY DENTAL CLINIC RECENTLY WHEN I HAD TWO CAPS FALLEN OFF AND A BUNCH OF OTHER DENTAL CONCERNS. DR. DHRUTI AND DR SANIKA MADE ME COMFORTABLE FROM DAY 1 WHEN I JUST WENT IN FOR A BASIC CONSULT. I WAS NOT TOLD TO "GROW UP" AND "STOP BEING A BABY" WHEN I VOICED MY LEGIT ANXIETY ABOUT DENTAL PROCEDURES. I FEEL LIKE THEY UNDERSTOOD AND RESPECTED MY ANXIETIES, FEARS AND CONCERNED WITHOUT PREACHING DENTAL SCIENCE TO ME. WE ALSO TALKED A LOT ABOUT THE WORLD, POLITICS AND BOLLYWOOD. FROM BEING A PERSON WHO NEVER EVER WENT ALONE TO A DENTAL CLINIC I DID MY ENTIRE TREATMENT BY MYSELF!! SUPER PROUD OF MYSELF AND SUPER GRATEFUL TO THE WONDERFUL DR, DHRUTI AND HER ENTIRE STAFF AT ZERO CAVITY DENTAL CLINIC. I WAS TAKEN CARE OF BEYOND JUST MY DAY OF TREATMENT I RECEIVED REGULAR CALLS AND CHECKS IN FROM DR. SANIKA HERSELF AND THEY WERE EVER SO GRACIOUS TO ADJUST WITH MY VERY UNPREDICTABLE TIMINGS. THANKS DOCS AND MORE POWER TO YOU ALL. I HATE MY TEETH A LITTLE LESS NOW AND AM CLOSER TO NOT COMPLETELY DESTROYING THE SOUND OF THAT EXTREMELY SCARY DRILL !! SEE YOU SOON COZ I KNOW I AM GOING TO NEED IT 😊

-LUBAINA PLUMBER

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The complete DENTAL Care Center