

Top 25 Tips for the Dental Traveller:

**What You
Need to Know!**



**Bonus
One**

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When choosing a dental holiday, it is important that you arrive prepared and ready for any situation. To avoid any bad surprises it is imperative that you know what to do in any situation. Below is a list of must-know tips for any dental traveller:

Before Travelling

1. Do your homework: Find out how much things cost in Thailand such as hotel, food, transportation, and the cost of your treatments. Be sure to check the exchange rate to see how far your money will last. Do the calculations and make sure that the trip including all expenses will be cheaper than getting dental care in your home country.
2. Make contact with the Dentist in Thailand and set an appointment with confirmation on paper provided to you via fax or e-mail. You do not want to show up for your appointment without a dentist present. Send relevant information including x-rays etc so the Dentist can provide you with an accurate plan of treatment. Upon receipt of your x-rays, request your Dentist provide a written appraisal of the condition of your teeth (treat this as test for them: if they can't decipher the x-rays, than they shouldn't be going anywhere near your teeth in real life!)
3. Booking your airline tickets ahead of time will be a huge cost saving. Flights booked 6 months ahead of time are much cheaper than flights booked 2 months ahead. Can you go in Thailand's wet season? It generally only rains for a couple of hours each morning, followed by an afternoon of warm sunshine. The cost savings of travelling during this time are huge!
4. Brainstorm on a piece of paper and write down all the things you will need to pack. Write a checklist and check it two or three times. Refer to the Free Bonus located at the end of this book 'Customised Travel Planner - The Ultimate Checklist for Dental Travel'.
5. Put together a dental kit to pack in your luggage with floss, toothbrush, antiseptic rinse, antibiotics, pain medicine and alcohol wipes and cotton.
6. Be sure to leave a copy of documents and your itinerary with a family member at home.

While Travelling – Avoid Jet Lag

7. Avoid jet lag by drinking plenty of water and keeping yourself hydrated while on the plane.
8. Get a lot of exercise the days before your flight as well as in the airport. Take a long walk or go up and down stairs.
9. Do stretching exercises on the plane by stretching your legs or twisting your body in your seat.
10. Try to get quality sleep by wearing comfortable clothes and having ear plugs and a neck pillow. Try taking a natural sleep remedy such as chamomile tea.
11. Do not take sleeping pills or melatonin! These pills can really throw your body off if you aren't used to them, are dangerous and can even make jet lag worse!

When you arrive – be safe!

12. Exchange money at the airport but only exchange large amounts at a bank
13. Always count your money in an inconspicuous place. Never count cash in public and never leave your luggage unattended.

14. Don't ever follow strangers or those who say they can help you find a ride or taxi, try to book your car service ahead of time.
15. Register with the consulate if you're going to be staying for a while.

... The last 10 tips are the most important!

Go to www.YourThailandDentalHoliday.com for the complete e-book travel guide on **"Thailand Dental Holidays: A Travel Guide With All You Need To Know!"**