

The Villages Scuba Club

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General and Cosmetic Dentist



Agenda

- Introduction
- How Dental Health effects diving
- Tips for communicating with your general dentist
- Summary and Conclusions



Bonaire
April 2018

Introduction

Joana Halilaj, DMD

- University of Florida Graduate
- 10 years in practice
- 5 years in the Villages
- 1st Dive in March 2014 at Utila, Honduras
- Open water certification in October 2015



Utila, Honduras 2014

First time diving



PADI open water Certification

2015 / 1 year later



Cozumel 2015



Bonaire “Diver’s Paradise” – Shore Diving



Maldives 2018



Hiatus from diving



Am I fit to dive?

Academy of General Dentistry

1

Untreated tooth Decay / Barodontalgia

2

Unfinished Root Canals

3

Improper fitting Fillings or
Crowns

4

Partial or Complete Dentures

5

TMJ Pain / Clenching

Barodontalgia

The most common problem reported by divers

More popularly known as ***tooth squeeze***.

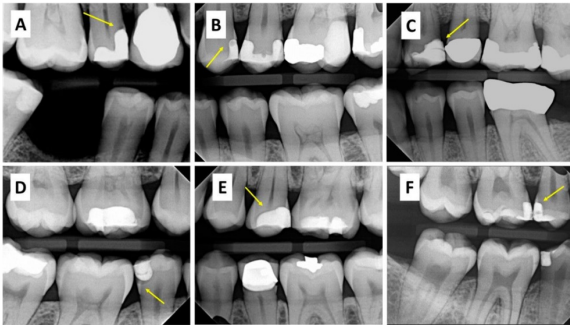
Pain that occurs as changing air pressure forces any pockets of air in the teeth (such as those found in untreated large cavities) to expand and contract



Barodontalgia (Why)

Bubbles in fillings

Figure 3. A panel of radiographic images illustrating some of the radiolucences found associated with Class II composite restorations (yellow arrows are highlighting the area of interests). (A) Secondary caries, (B) Voids in the body of the composite, (C) Interlayer lines within the body of composite, (D) External gap, (E) Internal gap, and (F) Combination of void in the composite and internal gap at the bonding interface.



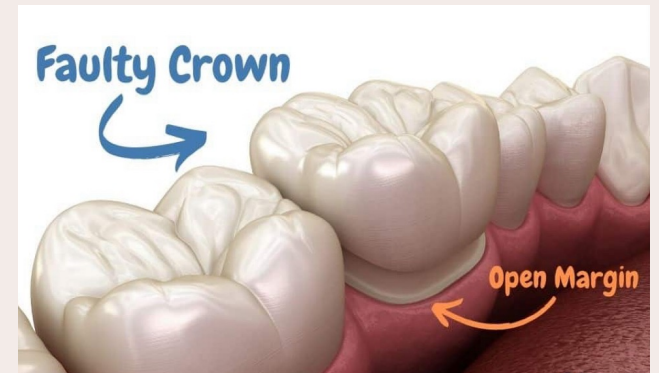
Micro Fractures

(Pain when chewing?)



Open Margins

(Temporary Crowns?)



Unfinished root canals

Sometimes They are done in 2 visits

Do not travel if you have a dental abscess/Especially upper teeth – sinus communication

Bubbles during the filling / gutta-percha



Loose fitting partial or complete denture

Aside from making it difficult to hold the mouthpiece, ill-fitting dentures or partials can dislodge and become a choking hazard.

Take them out – if you can hold the regulator with stability



TMJ Pain

Clenching – excitement, cold water

Stock regulators are too large –petite women

If it happens – palliative treatment: soft food diet, no chewing, muscle relaxant, ibuprofen x tylenol

Custom mouth piece – meant to offer better stability (more of your teeth are biting the regulator surface so that the jaw muscles don't become inflamed).
(Seacure custom mouthpiece)



Tips for Communicating with your General Dentist

DIVER

Alert your dentist that you are a diver.

Alert that you have an upcoming dive trip –especially if it's a liveaboard

PAIN when CHEWING

Alert your dentist if you have

- pain on chewing
- crack in the tooth
- swelling

DENTAL SURGERY

Wait until you are fully healed from dental surgery (extraction) or dental work before going on your dive trip

6 week rule



Dry Mouth

Extended regulator use can cause dry mouth

Increased carries risk

Fluoride tooth paste rx

Comply with ADA Guidelines of regular dental care – one size does NOT fit all (xrays every year, check up every 6 months)

References

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Thank you & Happy Diving

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