



Tooth Fairy Times



Volume 14

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spring BLUE
WARM AFTERNOONS SKY
dance in the rain
birds flowers blooming
chirping rainbows
butterflies daisies
SUN APRIL SHOWERS
splash in the puddles
GARDENS lilacs



Office Closures

As a reminder to all our wonderful patients:

Our office will be closed the following days

- Friday, March 11, 2016 –
we will reopen on Monday, May 9, 2016 at regular time.
- Monday, March 28, 2016 – April 1, 2016 •For Spring Break•
we will reopen on Monday, April 4, 2016 at regular time.
- Monday, May 2, 2016 – Wednesday May 4, 2016
we will reopen on Thursday, May 5, 2016 at regular time.
- Monday, May 30, 2016 •For Memorial Day•
we will reopen on Tuesday, May 31, 2016 at regular time

Celebrate!



March 2nd

What are Dental Sealants

Dental sealants act as a barrier to prevent cavities. They are a plastic material usually applied to the chewing surfaces of the back teeth (premolars and molars) where decay occurs most often.

Thorough brushing and flossing help remove food particles and plaque from smooth surfaces of teeth. But toothbrush bristles cannot reach all the way into the depressions and grooves to extract food and plaque. Sealants protect these vulnerable areas by "sealing out" plaque and food.

Sealants are easy for your dentist to apply. The sealant is painted onto the tooth enamel, where it bonds directly to the tooth and hardens. This plastic resin bonds into the depressions and grooves (pits and fissures) of the chewing surfaces of back teeth. The sealant acts as a barrier, protecting enamel from plaque and acids. As long as the sealant remains intact, the tooth surface will be protected from decay. Sealants hold up well under the force of normal chewing and may last several years before a reapplication is needed. During your regular dental visits, your dentist will check the condition of the sealants and reapply them when necessary.

The likelihood of developing pit and fissure decay begins early in life, so children and teenagers are obvious candidates. But adults can benefit from sealants as well.

Key ingredients in preventing tooth decay and maintaining a healthy mouth are:

- brushing twice a day with an ADA-accepted fluoride toothpaste
- cleaning between the teeth daily with floss or another interdental cleaner
- eating a balanced diet and limiting snacks
- visiting your dentist regularly

Ask your dentist about whether sealants can put extra power behind your prevention program.



10 Crazy & Random Dental Facts for your Kids!

Fun Dental Facts! Fun Dentist! What more could you ask for?

- 1) The average human produces 25,000 quarts of saliva in a lifetime. That is enough spit to fill 2 swimming pools!
- 2) You should not keep your toothbrush near a toilet. The airborne particles from the flush can travel up to a distance of 6 feet. Yuck!
- 3) George Washington never had wooden teeth. His dentures were made from Gold, hippopotamus tusk, elephant ivory and human teeth!!
- 4) In 1994, a prison inmate in West Virginia braided dental floss into a rope, scaled the wall and escaped.
- 5) The longest teeth in the world are actually elephant tusks – sometimes weighing over 400 pounds.
- 6) The first toothbrush with bristles was manufactured in China in 1498. Bristles from hogs, horses and badgers were used. The first commercial toothbrush was made in 1938.
- 7) In medieval Germany, the only cure for a toothache was to kiss a donkey.
- 8) Tongues are similar to our fingers – like fingerprints, the design of your tongue is 100% unique.
- 9) It seems children have the right idea about smiling...they smile about 400 times a day.
- 10) A snail's mouth is no larger than the head of a pin, but can contain over 25,000

ROCK YOUR SMILE



DENTAL HEALTH THROUGH THE AGES

✚ EGYPTIAN DENTISTRY ✚

EARLY START

It is believed that Egyptians practised oral surgery from as early as 2500BC!

POOR COOKING SKILLS

Tooth decay was often caused by Egyptian flour, made of emmer, which made particularly sticky dough.

HOMEMADE FILLINGS

Cavities were often filled with linen dipped in medicine such as fig juice or cedar oil.

LOST A TOOTH?

Animal teeth were used as replacements, fixed in with wire.



DID YOU KNOW?

PARENTS SHOULD SUPERVISE THEIR CHILDREN BRUSHING THEIR TEETH UNTIL AGE 7 OR 8.



MYCHILDRENTSEETH.ORG

DENTAL HEALTH THROUGH THE AGES

✚ MEDIEVAL DENTISTRY ✚

A SHAVE AND AN EXTRACTION

During the Middle Ages, monks were responsible for dentistry. But the church decided against this due to the shedding of blood. Barbers then became responsible for dental care, through their close work with the monks.

THANKS TO THE FRENCH

In the 14th century, Guy de Chauliac invented the dental pelican which finally became the modern forceps for tooth extraction.

CLEAN MOUTH?

The 'Father of Modern Dentistry' Pierre Fauchard recommended urine as an antiseptic mouth wash!



DENTAL HEALTH THROUGH THE AGES

👓 19TH-20TH CENTURY DENTISTRY 👓

CLEAN TEETH

In 1873, Colgate mass produced their first toothpaste in a glass jar.

HEALTHY TEETH

In the 1930s, Frederick McKay discovered the effects of fluoride in preventing tooth decay. Only in the 1950s fluoride was added to toothpaste.

MODERN TOOTHBRUSH

The first nylon toothbrush was invented in 1938, followed by the electric toothbrush in the 1960s.



Dr. Rainey's A+ Kids No Cavity Club



- Nathan
- Sydney
- Hannah
- Anthony
- Meylin
- Kaya
- Angelyse
- Caleb
- Jasmine
- Dylan
- Austin
- David
- Lakiya
- Gabyrana
- Ellyana
- Aiden

- Carter
- Chloe
- Mason
- Lucian
- Tia
- Niyah
- Antoine Jr
- Ina Jewels
- Esmeralda
- Natalie
- Matthew
- Xaiver
- Alexander
- Lucas
- Hannah
- Hailey
- Vincent
- Christian
- Lily
- Lexis
- Averi
- Isabella

♥These are all the names of patients from December to February 29th that are cavity free!!! Keep up the good work. ♥



DENTAL HEALTH THROUGH THE AGES

MODERN DAY DENTISTRY

THERE'S AN APP FOR THAT

Apps can be used to monitor your own oral health and report the results by sending information from your toothbrush to your phone.



DENTISTS SAY

- Smoking, drinking tea, coffee and wine can cause stains
- Brush twice a day with an electric or manual toothbrush for 2 minutes
- Use dental floss and mouthwash to strengthen your gums

10%

of adults are not registered with a dentist

50%

of adults say they visit the dentist every 6 months

19%

of adults delay treatment due to cost

21%

of adults visit the dentist annually



Monday, Tuesday, and Thursday

7:30 AM - 12:00 PM;

1:30 PM - 4:00PM

Closed Wednesdays

Office closed for lunch between

12:00 PM - 1:30 PM

Friday - 7:30 AM - 12:00 PM

♥7:30 AM appointments require
Pre-registration and
pre-pay co-pays♥♥





Happy Birthday
Dr. Seuss!

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