



Tooth Fairy Times

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Summer 2009

VaCora L. Rainey, DDS,
PLC

Smile Makeover

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**Look inside to see Bill's before and
after photos!!**

June Special

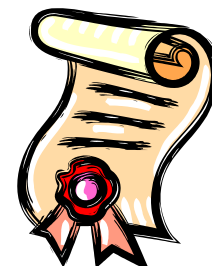
\$300 off

Lumineers!

Contact the office for
more details. Offer expires
June 30,2009.

Patient News

Austin Dickerson was recently inducted into the
A.G. Wright Chapter of the Junior National
Honor Society. Way to go Austin!!



Community News

Dr. Rainey volunteered at the Lloyd Moss Free Dental Clinic in April. The Moss Free Clinic provides dental care for uninsured residents of Fredericksburg, Caroline, King George, Spotsylvania, and Stafford Counties. To qualify for treatment, patients must have an income of less than 125% of the Federal Poverty Guidelines. Dental Care is provided for adults only. Dr. Rainey has volunteered at the clinic since 2006.



Healthy Recipe

Fast Fruit Tarts

6 tablespoons apricot preserves

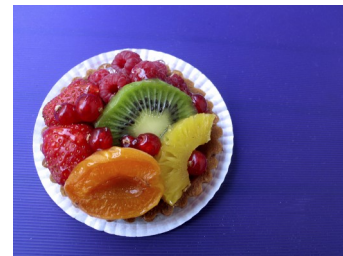
1 (3 1/2 ounce) container commercial fat-free vanilla pudding

6 miniature graham cracker pie crusts (such as Keebler)

1/3 cup sliced strawberries

1/3 cup blueberries

1/3 cup sliced peeled kiwi fruits



Place preserves in a small microwave safe bowl, microwave on high for 1 minute or until melted.

Spoon 2 tablespoons pudding onto each crust and top each serving with fruit.

Spoon 1 tablespoon preserves over each tart.

Chill until ready to serve.

Servings: 6

New Smile



Take Home Whitening + 1 Lumineer = WOW!!

News you can use

Gingival Recession

Causes and Treatment

Gingival (gum) recession occurs when the edge of the gingival tissue moves away from the crown of the tooth. When gingival tissue recedes, exposing the tooth's root, sensitivity may result. Tooth root decay (root caries) may develop because the softer root surface decays more readily than the enamel on the tooth's crown.

Common causes of gingival recession:

- Irregular or abnormal tooth position
- Heredity
- Aggressive or excessive toothbrushing
- Trauma to gingival tissues
- Gum disease



The best treatment for gingival recession is prevention. Improving your oral hygiene greatly reduces your chances of getting periodontal disease. The dentist can also place a tissue graft over the exposed root. This can enhance the appearance of the gum line and treat root sensitivity.

VaCora L. Rainey, DDS

1229 Garrisonville Road
Suite #101
Stafford, VA 22556

Phone: (540) 318-8708
Fax: (540) 318-8710
Email: info@raineydds.com

We're on the web!!
www.raineydds.com



VACORA L. RAINEY DDS, PLC
Healthy Smiles for Life

Office Announcements

- ⇒ Patient Appreciation Cook-Out Sat Aug 22 at 1 pm- Curtis Park (Save the date)
- ⇒ Our office will be closed the week of Sep 4-11

Feel free to email any info you'd like to share for our next newsletter. Send all information to info@raineydds.com

From the Desk of Dr. Rainey



Summer is finally here!! Time for vacations and dental appointments!!! I am in the process of planning a cook-out to celebrate our 1 year anniversary. Flyers will be sent at a later date. Please mark your calendars and come out if you can. After all... it is a patient appreciation event :)

Dr. R

A laugh is a smile that bursts.

Mary H. Waldrip