



RUSSELL B. RAINEY DMD™
We Take Time to Listen™

A Gift for You . . .

As part of our Preventive Therapy, our dental team collected these **Dental Health Tips** to assist you in preventing discomfort and unexpected costs from a dental crisis or emergency.

We hope this information will make your oral home care easier and more enjoyable.

From our hearts to yours,

Dr. Russell B. Rainey and Dental Team

Dental Health Tips

Brushing and Flossing are keystones of excellent dental health.

BRUSHING

1. Brush your teeth 2-3 times each day with fluoride toothpaste.
2. Use a soft-bristled toothbrush.
3. Hold your toothbrush at a slight angle against your teeth and use short, circular motions.
4. Brush the inside and chewing surfaces of your teeth.
5. Brush your teeth for two minutes each time you brush.
6. Brush your tongue.
7. Avoid vigorous or harsh scrubbing, which can irritate your gums.
8. Replace your toothbrush every three - four months or sooner if it appears worn or frayed.
9. Use an electric toothbrush.
10. Never share your toothbrush; toothbrushes contain bacteria.



FLOSSING

A toothbrush cannot reach all the tight spaces between your teeth or the areas under your gum-line. Therefore, plaque builds up, which threatens your oral health and your *heart health* as well. Flossing removes the food particles and plaque between your teeth.

1. When you floss, ease the floss gently between your teeth (Do not snap it between your teeth).
2. Pull the ends of the floss against the front and back surface of each tooth so that the floss forms a "C" as it wraps around the tooth.
3. Gently pull the floss from the gum-line to the top of the tooth to clean off plaque build-up.
4. Floss the backs of your teeth.
5. Use fresh floss as you move from tooth to tooth.
6. If you have difficulty flossing between your teeth, try waxed floss.
7. If it is difficult to handle the floss, try using a floss holder.
8. Use inter-dental cleaners, such as a dental pick® or dental stick®, which are specially designed to clean between your teeth.
9. Use a mouth rinse to help reduce plaque between your teeth.
10. Use oral irrigators, or devices like a Water Pik® that stream water between your teeth to remove food particles.



Warning Signs and Symptoms

Call us *immediately* if you develop any of the following:

- Red, tender, or swollen gums
- Gums that bleed when you brush or floss
- Gums that are receding from your teeth, which may make your teeth appear longer
- Pus around your teeth or gums
- Bad taste in your mouth
- Foul odor between your teeth
- Loose teeth
- Changes in the way your top and bottom teeth close together
- Changes in the feel of your dentures
- Sensitivity to hot or cold
- Clenching or grinding your teeth
- Migraine Headaches
- Sleep Apnea
- Snoring

Cracked Teeth

Cracked teeth are very common. AND, if you postpone having them treated, they can become very sensitive and result in pain, additional treatment, and significant expense. Once the crack deepens and affects the nerve, the tooth often requires endodontic treatment (root canal), post and core build-up, and a crown. If there has been excessive trauma to the nerve, the tooth may need to be extracted. If you have a cracked tooth, call us right away.



Periodontal Disease (Gum Disease)

Current research studies indicate **more than 75%** of adults in America have some form of periodontal disease. This virtually painless condition is the leading cause of tooth loss in adults. Periodontal disease has **NO CURE** and because it is painless, it is called the “*silent killer*” of teeth. In addition, recent research has shown a **direct link** between periodontal disease and other medical conditions such as *heart disease, diabetes, stroke, and low birth weight pregnancies.*

Dr. Rainey is dedicated to saving your teeth for your lifetime. His comprehensive dental care includes a complete and thorough evaluation to detect periodontal disease in its earliest stage. Although there is NO cure, early treatment can *stop periodontal disease from worsening and spreading.* We provide diagnosis, non-surgical treatment, state-of-the-art medications, and continuous measuring and monitoring for the maintenance of your oral health.

Our Commitment to You is to develop a periodontal home care plan based on scientific research, to provide you the very best opportunity to have a healthy smile and save your teeth for your lifetime.

Gum (Periodontal) Disease Self-Test:

Do you have two or more of the following?

- Red, tender, or swollen gums
- Gums that bleed when you brush or floss
- Gums that are receding from your teeth, which may make your teeth appear longer
- Pus around your teeth or gums
- Bad taste in your mouth
- Foul odor between your teeth
- Loose teeth

If so, please call for an evaluation today.



Diabetes Affects Your Mouth and Teeth

It is common knowledge that Diabetes can harm the eyes, nerves, kidneys, heart and other important systems in the body. However, many do not know that Diabetes can also cause severe problems in the mouth.

People with diabetes are at special risk for periodontal (gum) disease, a *non-curable infection* of the gum and bone that hold the teeth in place. Periodontal disease can lead to painful chewing difficulties and even tooth loss. Dry mouth, often a symptom of undetected diabetes, can cause soreness, ulcers, infections, and tooth decay. Smoking makes these problems worse.

What You Can Do at Home

Good blood glucose control is vital to controlling and preventing mouth problems. Brushing and flossing twice a day, regular dental check-ups, and good blood glucose control are the best defense against the oral complications of diabetes.

Mouth Sores

The most common mouth sores are cold sores and canker sores. Canker sores (aphthous ulcers) appear inside the mouth and cold sores (fever blister or herpes simplex) are found outside the mouth, usually on the lips or under the nose or chin.

Canker sores are very common and recur often. Our patients with canker sores have experienced immediate relief with **Rainey Rinse®**, our customized antimicrobial and anesthetic solution.

Cold sores are fluid-filled blisters of viral infection and are highly contagious. Dr. Rainey will prescribe an antiviral drug to reduce this type of infection and a topical anesthetic to provide temporary relief.

All mouth sores are indicators of an imbalance within our body. Sores lasting a week, or longer, may be symptoms of a serious disease or disorder. Call us immediately if you have a mouth sore.



Dry Mouth

Dry Mouth is the condition of not having enough saliva (spit) to keep your mouth and teeth wet. The medical term for dry mouth is xerostomia. Anyone can have a dry mouth if they are nervous, anxious, upset, or under stress. Most importantly, remember that Dry Mouth is **not** a normal part of aging.

Dry Mouth symptoms include:

- Sticky, dry feeling in the mouth
- Difficulty speaking, swallowing, chewing, or tasting
- Burning sensation in the mouth
- Dryness in the throat
- Cracked, dry lips
- Dry, rough tongue
- Oral infections
- Mouth sores

People experience Dry Mouth when their salivary glands do not function properly. Dry Mouth is more than uncomfortable; it could be an indicator of an infection or Sjogren's disease, increase your risk of tooth decay, or cause difficulties in speaking, swallowing, chewing, or tasting your food.

A dry mouth, all or most of the time, can lead to serious health problems. If you think you have dry mouth, call us right away.



Neuromuscular SIGNS & SYMPTOMS Checklist

Do you...

- Have jaw joint problems, clicking joints, or bite problems?
- Experience migraines, or head, neck, or shoulder pain?
- Have difficulty opening your mouth wide?
- Clench or grind your teeth?
- Bite the inside of your cheek or tongue?
- Snore, been diagnosed with Sleep Apnea, or have other sleep disorders?
- Feel tired every day, and like your head is almost too heavy to hold up?

Neuromuscular Dentistry is about the entire body and four major factors that control your jaw and affect your bite – teeth, muscles, nerves, and jaw joints.

The TMJs (jaw joints) are the small joints in front of each ear that attach your lower jaw to the base of your skull. These joints allow you to open and close your mouth, chew, bite, speak, and swallow.

Symptoms of unhealthy TMJs (jaw joints) include facial, neck, head, and shoulder pain, clenching or grinding teeth, and limitations in normal movements. When clenching leads to jaw pain, it can lead to insomnia, depression, eating disorders, or facial nerve damage. Clenching and grinding can also break the teeth or worsen jaw problems.

With the post-graduate training our dental team has completed, and our state-of-the-art computerized technology, we are able to *scientifically rule out* (or rule in) whether your bite is the source of pain. If you suffer from clenching or grinding your teeth or any of the symptoms and discomforts described above, **Neuromuscular Dentistry** can help.



Home-care for Neuromuscular (TMJ/Migraines/Sleep Apnea or Snoring):

To reduce pain, prevent permanent damage to the teeth, and reduce clenching behaviors as much as possible, follow these home-care techniques:

- Relax your facial and jaw muscles throughout the day.
- Massage the muscles of the neck, shoulders, and face.
- Learn physical therapy stretching exercises to help restore a normal balance to your head and neck muscles and your jaw joints.
- Apply ice or wet heat to sore jaw muscles to provide relief.
- Avoid eating hard foods like candies, carrots, celery, nuts, or steak.
- Drink plenty of water every day.
- Reduce your daily stressors and practice relaxation techniques.
- Get plenty of sleep.

When treating TMJ (temporomandibular joint) disorders, we typically perform x-ray examinations of your teeth and bones, and prescribe a mouth guard for temporary relief or a neuromuscular orthotic if your bite is over-closed or misaligned.

Depending on the severity, we may use computer-assisted monitoring of your jaw muscles and a computerized jaw-tracking device to diagnose and prescribe your care. We may also prescribe stress reduction and anxiety management to assist in reducing your symptoms.

NOTE: If your home-care measures do not help within a week to 10 days, it is essential to see us for a thorough evaluation.



Sleep Disorders, Snoring/Sleep Apnea

Everyone knows someone who snores. Almost 45% of the population snores, men and women. Moreover, most people do not realize that *snoring may endanger* the snorer's health.

Snoring is caused by an obstruction to the person's airway. The snorer stops breathing intermittently, does not get the amount of oxygen the body and brain need, and health risks are increased. *Sleep Apnea has been linked to heart attack, stroke, hypertension, high blood pressure, and other dangerous conditions.*

Our dental team has taken the necessary post-graduate training and we have state of the art computerized technology necessary to treat sleep apnea, snoring, and airway obstruction. If you or your loved one suffers from severe snoring, daytime drowsiness, "stops breathing" during sleep and feels tired in the morning, or has ever been diagnosed with sleep apnea, we may be able to help.

Bite-Related Sleep Apnea Self-Test:

Do you or your loved-one have two or more of the following?

- Excessive daytime sleepiness (hypersomnia)
- Loud snoring
- Observed episodes of breathing cessation, choking or gasping during sleep
- Abrupt awakening with shortness of breath
- Awakening with a dry mouth or sore throat
- Morning headache

Treatment for bite-related sleep apnea differs from other sleep disorders and accurate diagnosis is essential. A sleep study is necessary to observe the nature, duration, and frequency of breathing disturbances.

Additional X-rays, CT scans or MRIs may also be used to better visualize the physical or bite-related structures, which may be contributing to the airway obstruction.



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Preventive Therapy Program

We are committed to help you save your teeth for your lifetime. Through dental therapy, education, and prevention, we partner with you to:

- Detect oral health changes when they are small
- Extend the life of your restorations
- Save you money
- Prevent pain or discomfort
- Save you time
- Eliminate unnecessary dental visits
- Prevent tooth breakage or decay
- Encourage improved homecare
- Provide homecare tools and medicines

At your next Hygiene Therapy visit, you and your hygienist can discuss this unique, supportive program. Remember, we are in this together.



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We hope these Dental Health Tips can make your oral care a little easier. If you have any questions at all, please call the office at (850) 385-3700 or if you have a dental emergency, call our pager at (850) 599-4760.

From Our Hearts to Yours,

Dr. Russell Rainey and Dental Team

NOTE: *For easy, quick reference, keep these Dental Health Tips in a handy place.*