

*J. Glenn Rutherford DDS
Jordan G. Rutherford DDS*

*51 David Dr.
Pagosa Springs, CO 81147
(970) 731-3627*



“Gently Restoring The Health God Created”

How to raise cavity free kids

The days of toothaches and infections for your kids are gone forever, but only if YOU give them this gift of health! Nearly all dental disease is preventable, and technology has provided the tools to do just that. Like any tool, however, it does no good rusting in a tool shed. It must be used properly and regularly to be of value.

I’ll get to the technological tools in a minute, but first let’s discuss the hands that skillfully use them. These are YOUR hands! You can decide whether or not to use the tools available to prevent your own disease and pain. Your children, however, depend on YOU to protect them and provide these tools. Sometimes it comes down to a choice of what we can afford. Only YOU can decide if freedom from disease is more important than \$100 sneakers “like all the other kids have.”

Let’s assume you have chosen in your children’s best interest. What technological tools can help keep your kids dentally healthy?

Fluoride can reduce cavities by up to 40%. This is not “new” since the proof was established by research in the 1950’s, but research continues to prove its safety and effectiveness. If you are on Pagosa City water, your drinking water has no fluoride. If you are on well water you must have it tested by San Juan Basin Health or an independent laboratory. Some wells in this area have too much fluoride, which will permanently stain your child’s teeth, while other wells have none at all. After testing, your dentist and hygienist can determine if supplemental fluoride is needed or if you should give your kids bottled water to drink. If you have a reverse osmosis (RO) filter on your well, it will remove all fluoride from the water. High concentration, in office,

fluoride treatments can give additional protection from decay. Also in this day of “natural” products, you must be sure that the toothpaste your child uses contains fluoride and is used according to instructions.

Sealants are a plastic coating your dental office can place on your child’s permanent teeth as soon as they erupt to seal cavity causing germs out of the deep pits and fissures which your child’s toothbrush can’t reach. This greatly reduces the likelihood of your child getting cavities in these teeth.

A new decay finding laser can locate tiny new cavities while they can be filled using air-abrasion technology to painlessly remove the decay without them having to be numb. The smaller the filling, the stronger the tooth so your children won’t have to suffer the cracked and broken teeth many of us adults are plagued with.

To provide all of these “high tech” benefits, your child must be seen by their dentist and hygienist exactly on the schedule the dental professional recommends (at least every 6 months).

Just as important is the DAILY germ removal you and your child need to do at home. You should brush your child’s’ teeth AT LEAST twice a day and floss them AT LEAST once a day. Be sure to let them do it first to develop a life long habit! Pay close attention to the techniques your dentist and hygienist show you and go to Pagosasmiles.com for more instructions.