



Protect Your Child's Teeth – Seal Out Decay!!

Early care of children's teeth is important in setting the stage for a life of healthy teeth and gums.

The first step in having a healthy mouth is preventing tooth decay, and sealants can offer major protection against cavities.

WHAT ARE SEALANTS?

A sealant is a thin plastic coating, which is placed in the grooves on the chewing surface of the back teeth. Sealants keep food and bacteria from packing into the grooves of teeth. Sealants protect the enamel from plaque and acids.

When properly placed, sealants are nearly 100% effective in preventing decay in back teeth.

WHY ARE SEALANTS NEEDED?

Your teeth are covered with a sticky film of bacteria, called **plaque**. When you don't clean your teeth after eating, plaque bacteria use sugar and starch in food as a source of energy. The bacteria change the sugar or starch into harmful acids that attack tooth enamel. Repeated attacks may cause the enamel to break down, resulting in **cavities**.

Thorough brushing and flossing help remove food and plaque from smooth surfaces of the teeth. But toothbrush bristles cannot reach all the way into the grooves on the chewing surface of the teeth.

Sealants protect these grooves by "sealing out" plaque and food.

WHO SHOULD GET SEALANTS?

Children benefit greatly from sealants. This is because the teeth have not been in the mouth long, and have not had time to develop cavities. Sealants are put only on teeth that do not have any cavities. The best time to have sealants placed is just after the back adult teeth have erupted.

HOW ARE SEALANTS PUT ONTO TEETH?

Sealants are easy for your dentist to apply, and it takes only a few minutes to seal each tooth.

The teeth that will be sealed are cleaned. Then the chewing surfaces are roughened with an etching solution to help the sealant stick to the tooth. The sealant is then painted onto the grooves of the back teeth and hardens. Sometimes a special light is used to help the sealant harden.

***PLEASE GIVE YOUR CHILD THE BEST CHANCE FOR HEALTHY TEETH
AND SEAL OUT DECAY!!!***