



Dental Sealants for Children

Sealants are a fast and easy way of protecting your child's teeth that act as barriers to cavity prone areas. They are applied to the chewing surfaces of back teeth and sometimes used to cover deep pits and grooves. Both primary and permanent teeth can benefit from sealants.

About Sealants

Sealants are simple for your dentist or hygienist 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 of the chewing surfaces of back teeth. The sealants protect the teeth from plaque and acids, preventing food and debris from getting caught in the grooves and creating a cavity.

Sealants may last several years before reapplication is needed. During your regular dental visits, your dentist will check the condition of the sealants.

Key Ingredients in Preventing Tooth Decay and Maintaining a Healthy Mouth

- **Brushing twice a day with ADA-accepted fluoride toothpaste**
- **Cleaning between the teeth daily with floss**
- **Eating a balanced diet and limiting snacks**
- **Visiting your dentist regularly**