

# **SEALANTS**

## **What's to know about tooth sealants?**

### **SEALANT, What Is It?**

Sealants are an excellent way to protect the chewing surfaces of your back teeth from decay. It is a completely safe plastic coating placed in the grooves of molars and premolars, where your toothbrush just cannot reach. It covers up those tiny cracks and crevices where germs and plaque can live, causing nasty little cavities.

### **Who Should Have Them Done?**

Usually children between the ages of 5 and 14. Because, this is when those permanent molars come in. Adults can get them too, if they do not have fillings in the back molars.

### **How Sealants Are Applied**

The first step is to get that tooth nice and clean. Then the tooth is dried well and the sealant is painted onto the tooth. A special light is used to help the sealant harden. THAT'S IT!! No pain. Quick and Easy!

### **Can I Eat?**

The special light makes the sealant harden, as hard as it will ever be. The patient may eat immediately after sealant placement. Your bite may feel different at first, until the sealants wear into place.

### **How Long Will A Sealant Last?**

Sealants usually last for many years. When you come in for your six-month check-up we will make sure they are still in place. They may need to be replaced at some time in the future, depending on your diet and other factors.

### **Can You Still Get Cavities?**

Yes you can! Sealants prevent the majority of decay on chewing surfaces, but it is still important to brush and floss on a regular basis. Also, fluoride and routine dental checkups are the key to keeping that pesky decay out of your mouth. A lifetime of healthy teeth used to be considered an exception; today it's fast becoming the norm.

### **Cost**

It is cheaper to seal a tooth than to fill it because you have a cavity. Sealants can save you a lot of money in the long run.

If you have any other questions, don't hesitate to ask.