# Sealants Seal the Deal

Dental sealants are a safe, easy and painless way to help protect teeth from decay. This clear "coat of armor" can prevent cavities and other problems from occurring in the mouth and can be especially effective in young children once their permanent molars appear. Keeping teeth healthy early on is important to maintaining good oral health down the road.

The dental sealant process is simple. First, a dentist will clean the tooth or teeth being treated. After drying, a special gel is painted onto the surface of each tooth. To help harden this special "armor," an ultraviolet light is used and in minutes, the process is complete.

Sealants work differently than other preventive treatments such as fluoride. They keep germs and food particles from embedding themselves into teeth, while fluoride helps strengthen a tooth's enamel. However, both of these cavity fighters have one goal in mind...to help fight tooth decay and lead the way to healthier smiles. That's why considering both can pack a one-two preventive punch.



## Did you know?

Sealants have been shown to reduce tooth decay by 70 percent.[1]

# Quick bites

- Sealants are typically applied to the back teeth to help fill in a tooth's pits and grooves.
- Both the first and second molars can be treated and sealants should be applied shortly after they appear, before decay can settle into the teeth.
- The sealant process is safe, fast and easy. No drills or needles required!
- Tooth decay damages teeth permanently. Dental sealants are an effective way to protect teeth earlier.
- Sealants can last five to 10 years and can help in the prevention of tooth decay.
- Including sealants as part of an overall preventive dental treatment can help save time and money later in life.

DELTA DENTAL®

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**1.** National Institute of Dental and Craniofacial Research, "Oral Health in America: A Report of the Surgeon General—Executive Summary," web.

**Healthy Smile, Happy Life**

Delta Dental of Arkansas, Indiana, Kentucky, Michigan, New Mexico, North Carolina, Ohio, and Tennessee

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