



# Dental Sealants

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## Have Sealants Been Thoroughly Tested?

- Yes! Thousands of children across the U.S. and in other countries have had their teeth sealed in controlled clinical studies.
- These studies have shown sealants to be effective, easy to apply, inexpensive and non-toxic.
- Sealants have been recommended by the American Dental Association, the National Institute of Dental Research, and the American Public Health Association.

## What are dental sealants?

- Thin, plastic coatings which are applied to the chewing surfaces of the back teeth to prevent decay.
- These chewing surfaces, called molars, have irregular pits and grooves which tend to trap food and bacteria debris.
- Sealants flow into and coat these pits and grooves so that bacteria cannot multiply and cause decay.

### Why is Sealing a Tooth Better than Filling a Cavity?

- Sealants help maintain sound teeth. Decay destroys the structure of the tooth. Each time a tooth

is filled or a filling replaced, additional tooth structure is lost.

- Appropriate use of sealants can save time, money and the discomfort associated with restorative dental procedures.

### How long will sealants last?

- As long as five years or even longer.
- Regular check-ups are necessary to ensure sealants are reapplied when they appear to have worn off.

### Will sealants replace fluoride?

- No! Fluorides such as those used in fluoridated

water, fluoridated toothpaste, and fluoride mouth rinse help prevent decay on the smooth surfaces of the teeth, but they have less effect on the rough pitted chewing surfaces of the back teeth where sealants are most effective.



## How do Sealants Fit into a Preventative Dentistry Program?

- For the greatest benefit, sealants should be used as part of a child's total preventative dental care.
- Your child's teeth and gums should be examined regularly to check bite, tooth eruption, and the condition of both soft and hard tissues.
- Your child's complete preventative dentistry program also includes brushing and flossing; use of fluorides; good nutrition; and regular dental check-ups.

## Do Sealants Cost More than Fillings?

- The cost of sealing a tooth is consistently less than the cost of having a tooth filled.

Call Dr. Rosenfeld today to discuss the benefits of a preventative dentistry program for your family.