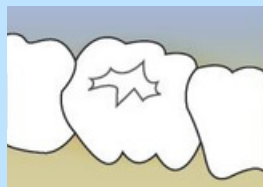


Protect Your Teeth with Dental Sealants

Dental sealants are thin plastic coatings that cover the deepest grooves of your back teeth (molars), where most tooth decay occurs. They help prevent cavities by keeping food and bacteria out of the grooves of your molars.

Sealants are clear, white, or slightly tinted and can only be seen close up. They are usually not seen when you talk or smile. Ask your dentist about getting sealants.



Who should get dental sealants?

Children, teens, and adults can get sealants, but it is best to get them as soon as your permanent molars come in. Sealants are recommended for all school-aged children. The first molars come in between the ages of 5 and 7. The second molars come in between the ages of 11 and 14.

Dental sealants are quick to apply

Sealants are painless. There is no drilling, and you can eat right after your appointment.

1. The dentist cleans and dries the tooth.
2. The dentist uses a solution to make the tooth surface rough. This helps the sealant stick to the tooth.
3. The dentist then rinses and dries the tooth before painting on the sealant. They will use a special light to help the sealant harden. It takes about a minute for the sealant to harden.

How long does a sealant last ?

Sealants last 3 to 5 years. During routine visits, the dentist will check your sealants and reapply them if needed.

If I have sealants, does that mean I will not get any cavities?

Even if you have sealants, you can get cavities. You still need to take good care of your teeth to prevent decay. Follow these tips:

- Brush at least twice a day.
- Floss at least once a day.
- Get a dental check up every 6 months.
- Eat a balanced diet and limit sugary snacks and drinks. Brush your teeth or rinse your mouth after eating.

To learn more about sealants, schedule an appointment with a dentist at the Charles B. Wang Community Health Center.



**CHARLES B. WANG
COMMUNITY HEALTH CENTER**

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