

## Who should get sealants?

People of all ages can benefit from sealants. It's recommended that children get molars sealed as soon as they appear – around age 6 and 12 – to protect against cavities from the start. However, decay doesn't have an age-limit, and adults can benefit from sealants too.

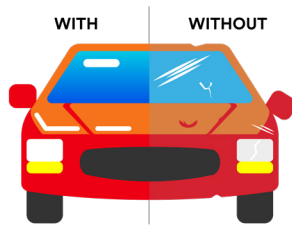
## Are sealants safe?

Yes! Sealants are safe and recommended for use by the Centers for Disease Control (CDC), American Academy of Pediatric Dentistry (AAPD) and the American Dental Association (ADA).<sup>2</sup>

## Does insurance cover sealants?

Coverage for dental sealants varies from plan to plan, so it's important to check with your insurance company to be sure.

In any case, spending a little money on sealants may help prevent larger expenses, like fillings, down the line. Think of it like putting a seal on your car's paint job: it may cost extra initially, but if your car gets scratched, you'll save on future repairs.



**Without the proper protection, cars and teeth could be vulnerable to damage.**



## Did you know...

According to the CDC, school aged children with dental sealants get 3x fewer cavities!<sup>3</sup>

<sup>1</sup>Sealants. Mouth Healthy™ – American Dental Association. Available at: <https://www.mouthhealthy.org/en/az-topics/s/sealants>.

<sup>2</sup>Oral Health Topics: Dental Sealants. American Dental Association (2019). Available at: <https://www.ada.org/en/member-center/oral-health-topics/dental-sealants>.

<sup>3</sup>Dental Sealants Prevent Cavities – Vital Signs – CDC. Centers for Disease Control and Prevention (2016). Available at: <https://www.cdc.gov/vitalsigns/pdf/2016-10-vitalsigns.pdf>



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**Dental sealants:  
protection  
for the whole  
family.**

## What are dental sealants?

Dental sealants are thin, protective coatings applied to the chewing surfaces of teeth – most often the back teeth, or molars.

## What do sealants do?

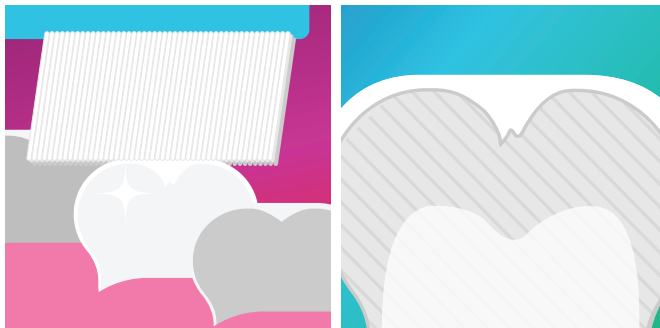
Dental sealants cover and fill the grooves in teeth to help prevent cavities! Here's how it works:

### Without sealants



Cavities happen when the natural bacteria in your mouth interact with leftover food particles to produce acids or plaque that eat away at teeth. While brushing and flossing help remove most of the food and plaque, the chewing surfaces of your teeth may have natural deep grooves that a toothbrush can't reach.

### With sealants



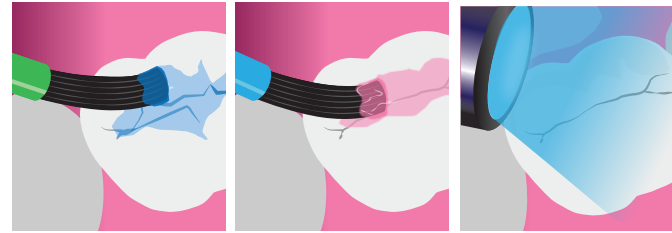
That's where sealants come in. Sealants "seal out" food particles and stop bacteria and acid from collecting on the biting surfaces of teeth – preventing cavities from forming and *stopping early stages of decay*. Plus, they smooth the tooth surface, making it easier to keep teeth clean.

## How are sealants applied?

Getting a sealant is a simple, painless process that only takes a few minutes.

- First the tooth is cleaned, and a special gel or liquid is applied to help the sealant stick.
- Then, the tooth is rinsed, dried, and the sealant is painted on. Your dentist might use a light to help harden the sealant.

You can eat and drink immediately after your sealant appointment.



## Will sealants make my teeth look or feel different?

No! Sealants can be clear, white, or slightly tinted to blend in with your teeth, and usually aren't noticeable. And you may feel the sealant for a short time after placement, but that should go away quickly.

## How long do sealants last?

Correctly applied sealant can last for 5-10 years. But just like the paint on your car, it may need occasional touchups.

However, this doesn't mean you can stop brushing or skip regular dental treatments! While sealants help prevent decay, they only protect the most vulnerable surfaces. The rest of your smile still needs care – and fluoride, flossing and brushing are still your primary defense against tooth decay.



## Did you know...

Sealants have been shown to reduce the risk of decay in molars by nearly 80%!