

## **NJ Department of Health and Senior Services Children's Oral Health Program**

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***For more information on sealants, please contact your regional office or your dentist:***

### **Central Regional Program**

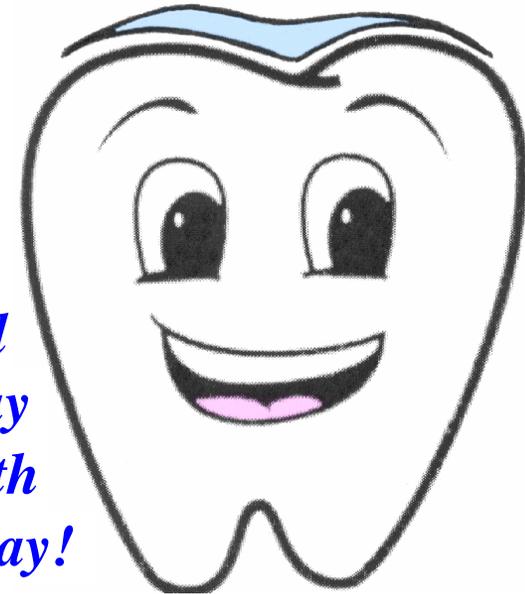
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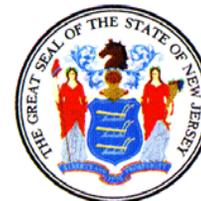
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## **NJ Department of Health and Senior Services Children's Oral Health Program**

# **Dental Sealants**



***Seal  
Away  
Tooth  
Decay!***



**Chris Christie  
Governor**

**Kim Guadagno  
Lt. Governor**



**Mary E. O'Dowd, M.P.H.  
Commissioner**

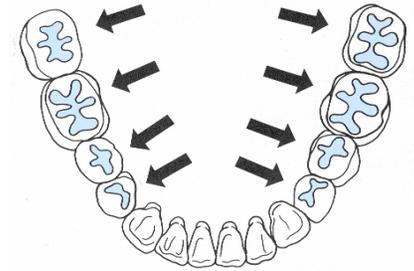
## What are Dental Sealants?

The sealant is a plastic material that is applied to the chewing surfaces of the back teeth (premolars and molars). The sealant acts as a barrier between bacteria (plaque) and the enamel of your teeth.



## Which teeth should be sealed?

A child's molars should be sealed. Molars usually come in between the ages of 6 and 12. Premolars may also be sealed.



## How are dental sealants applied?

The teeth that will be sealed are cleaned. The sealant liquid is then painted onto the grooves (pits and fissures) of the chewing surfaces where it bonds directly to the teeth. It hardens in one minute protecting teeth from decay.

## Are dental sealants safe?

Sealants are simple, painless and require no drilling. The application of sealants is completely safe and is recommended by the American Dental Association and the U.S. Surgeon General.

## How can I protect my child's teeth from decay?

- Ensure your child brushes and flosses his/her teeth every day.
- Use fluoride toothpaste. Ask your dentist about fluoridated water or vitamins with fluoride.
- Give your child healthy food and avoid frequent sugary/starchy snacks.
- Take your child to the dentist for regular check-ups.
- **Ask your dentist about having sealants placed on your child's teeth.**

## Can I see dental sealants?

Though available in other colors, dental sealants are usually white, and are placed on back teeth. You can only see them by looking very closely.

## How long do sealants last?

Sealants hold up under the force of normal chewing and usually last 5 years or longer. Sealants should be checked by your dentist during regular check-ups. If needed, the sealants can be reapplied.

## Do dental sealants work?

Sealants have been proven to be nearly 100% effective at preventing cavities.

## How much do dental sealants cost?

The cost of a sealant varies and may be covered by your insurance. Please check with your dentist.

