



KidCare

LIBERTY cares about more than just teeth!

LIBERTY Dental Plan **health tip:** Benefits of Dental Sealants



fact:
Dental sealants
protects teeth
from cavities
for 10 years

A dental sealant is a thin, plastic coating painted on the chewing surfaces of teeth - usually the back teeth (the premolars and molars) - to prevent tooth decay. The sealant quickly bonds into the depressions and grooves of the teeth, forming a protective shield over the enamel of each tooth.

Although thorough brushing and flossing can remove food particles and plaque from smooth surfaces of teeth, they cannot always get into all the nooks and crannies of the back teeth to remove the food and plaque. Sealants protect these vulnerable areas from tooth decay by "sealing out" plaque and food.

Who Should Get Sealants?

Because of the likelihood of developing decay in the depressions and grooves of the premolars and molars, children and teenagers are candidates for sealants. However, adults without decay or fillings on molars can also benefit from sealants.

Typically, children should get sealants on their permanent molars and premolars as soon as these teeth come in. This way, the sealants can protect the teeth through the cavity-prone years of ages 6 to 14.

How are sealants applied?

Applying sealants is a simple and painless process. It takes only a few minutes for your dentist or hygienist to apply the sealant to each tooth. The application is pain-free, and dentists check the sealants at routine visits to make sure they are still doing their job. Talk to your dentist to decide if dental sealants are right for your child.

How Long Do Sealants Last?

Sealants can protect teeth from decay for up to 10 years. Sealants should also be checked for chipping or wearing at regular dental check-ups. Your dentist can replace sealants, as necessary.