

Dental Sealants

What are dental sealants?

Sealants are thin, plastic coatings painted on the chewing surfaces of the back teeth.



Why get Sealants?

The most important reason is to avoid tooth decay.

Why do back teeth decay so easily?

The chewing surfaces of back teeth are rough and uneven because they have small pits and grooves. Food and germs can get stuck in the pits and grooves and stay there a long time because bristles cannot brush them away.

Who should get sealants and why?

Children should get sealants on their permanent and baby teeth before decay attacks the teeth especially if teeth have deep pits and grooves.



Fluoride Varnish

What is fluoride varnish?

Fluoride varnish helps to prevent cavities by putting minerals into the tooth enamel, making the enamel stronger.

Is fluoride safe?

Yes! Fluoride is a safe and effective way to help prevent cavities. Fluoride varnish is painted on teeth with a small brush.

What does my child do after they get fluoride varnish?

Your child should eat soft foods for the rest of the day. The fluoride varnish should be brushed off the next morning.