

## Tips For Healthy Smiles

### Brush and floss daily!

Brushing every morning and every night before bed helps remove plaque, germs and food debris, keeping the teeth and gums healthy.

### Limit sugar and pop!

Bacteria (germs) feed on the sugars in foods and drinks. Frequent exposure to sugars increases the chance of decay.

### Visit the Dentist & Hygienist!

Having regular dental check-ups can identify potential problems early. Tooth decay does not go away on its own - it only grows larger. Untreated decay can cause pain, even in baby teeth, making it hard for children to concentrate and learn in school.



## Resources

Dental Sealants: A Resource Guide (3rd ed.) © 2010 by National Maternal and Child Oral Health Resource Center, Georgetown University

Ahovuo-Saloranta A, Hiiri A, Nordblad A, Mäkelä M, Worthington HV. 2008.

Pit and fissure sealants for preventing dental decay in the permanent teeth of children and adolescents. Cochrane Database Systematic Reviews 4: CD001830. <http://www2.cochrane.org/reviews/en/ab001830.html>

## Further Information

<http://ada.org/4195.aspx?currentTab=1>

<http://www.aapd.org/publications/brochures/sealants.asp>

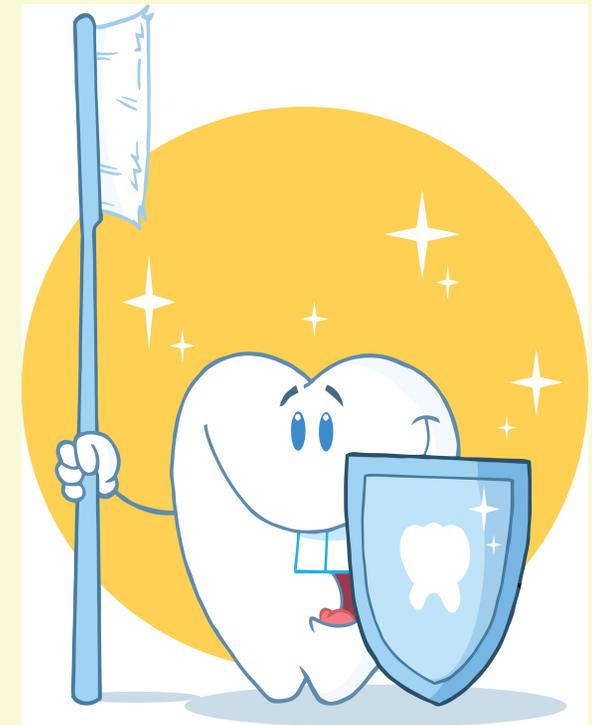
[http://www.cdc.gov/oralhealth/publications/factsheets/sealants\\_faq.htm](http://www.cdc.gov/oralhealth/publications/factsheets/sealants_faq.htm)

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# Seal Out Decay



## With Safe and Easy Dental Sealants

Bureau of Oral Health  
Kansas Department of Health  
& Environment

## What are Dental Sealants?

Sealants are thin plastic-like coatings typically placed in the pits and grooves of permanent teeth.



Sealants protect the tooth from cavities by preventing bacteria and food debris from becoming trapped in hard-to-clean surfaces.

A properly sealed tooth is up to 50% less likely to develop a cavity in the future.

## Sealants in Schools

The Bureau of Oral Health has partnered with dental professionals and Community Health Centers across the state to bring oral health care to children where they are – in school!

A new School Sealant Program will deliver oral health screenings and dental sealants to qualifying students while they are at school.



## Sealants are Simple and Safe.

- ✓ Placing a sealant on a tooth is comfortable and easy. The tooth does not have to be numb, just dry!
- ✓ A special curing light is often used to bond the material to the tooth after the chewing surface has been thoroughly cleaned.
- ✓ Sealants can be clear, white, or slightly tinted.
- ✓ Sealants are typically applied to new permanent molars, which grow in at six- and twelve-years old. They may be applied to any tooth with deep pits or grooves, as determined by your dentist.
- ✓ Sealants last many years, but may sometimes need to be re-applied.