



Sealants ...for Healthy Smiles

What is a Sealant?

A sealant is a thin plastic coating that keeps food and germs out of the chewing surfaces of the teeth and helps protect teeth from getting cavities.

Which teeth are sealed?

Back teeth are known as molars and premolars. These teeth need to last a lifetime.

When should teeth be sealed?

A sealant needs to be placed as soon as the permanent tooth appears in the mouth usually around five or six years old or as soon as possible.

How are sealants applied?

The chewing surfaces of the teeth are cleaned to help the sealant stick to the tooth. The sealant is painted into the grooves of the chewing surface, where it bonds to the tooth. A special light is shined onto the tooth to help the sealant harden.

How long do sealants last?

Sealants will usually last about five years; some longer. Sealants should be checked once a year and replaced if part or all of the sealant is missing.

UNSEALED
TOOTH



SEALED
TOOTH



Dental photo courtesy of Edward F. Zapert, DMD