



# Save Your Child's Teeth with Sealants!

Protect your child's overall health with dental sealants

## What are dental sealants?

- Dental sealants are thin coatings that fill in the grooves of molars (back teeth) where most tooth decay happens, keeping out food and germs that cause cavities.
- Sealants should be applied to molars usually around ages 6-8.

## How are sealants put on the back teeth?

- Teeth that need sealants are first cleaned with a toothbrush before the sealant material is painted on the tooth; it quickly hardens.
- Placing sealants is painless and takes just a few minutes.

## Can tooth decay occur between sealants?

- Sealants prevent germs from getting the food they need to live, so decay is unlikely to continue, even if some germs are trapped under the sealant.
- Sealants are shown to reduce cavities by 86% the first year and 56% after four years.

## How long will sealants last?

- Sealants can last for several years, and will be checked during dental visits.

## Will sealants make teeth feel different?

- A dental sealant may be slightly noticeable until normal chewing wears it into place.

**Ask your dentist about getting dental sealants.**



# Help Prevent Cavities!

Choose healthy food and drinks to keep teeth healthy



## Foods and Drinks Unlikely To Cause Cavities

- Water
- Crunchy Vegetables
- Lettuce
- Cheese
- Almond Butter (no added sugar)
- Eggs
- Meat
- Nuts

## Foods and Drinks Less Likely To Cause Cavities

- Milk
- Berries
- Fresh, Crunchy Fruits
- Oatmeal
- Whole Grains
- Popcorn
- Yogurt
- Ice Cream
- Smoothies
- Dark Chocolate

## Foods and Drinks That May Cause Cavities

- Soda & Juice
- Sports Drinks
- Fruit Snacks & Dried Fruit
- Cereal
- Granola & Cereal Bars
- Chips, Pretzels & Crackers
- Cookies, Candy & Desserts
- Citrus Fruits

### Helpful Tips

- Foods high in carbohydrates, sugars and starches help plaque form and can result in cavities.
- Fruit snacks and dried fruit should be avoided as they are full of sugar and stick to teeth, easily causing cavities.
- Milk and juice (no more than 4 oz per day) should be limited to meal or snack time, and be drunk in one sitting with food. Never put a sugary drink in a “sippy cup”.
- Remember to give your child age-appropriate food. Nuts, hot dogs and grapes are common choking hazards in young children.