

Sealants: A Powerful Weapon Against Cavities

As parents, you try to protect your kids the best you can. You make them wear helmets when they skateboard and ride bikes. You buy them mouthguards to wear when they play sports.

And when it comes to their oral health, you're just as diligent. You brush with your children every day for two minutes each time. You floss with your children. You give them healthy snacks like fruits and vegetables. You schedule regular check-ups with the dentist.

Yay, moms and dads! You're giving your children a great start on a bright smile and a healthy mouth. But you may be overlooking another way to help protect your children from tooth decay: SEALANTS.

Many parents aren't even aware that a dentist can protect your child's teeth from cavities with an invisible plastic coating called a dental sealant. In fact, the American Dental Association and American Academy of Pediatric Dentistry recommend sealants for all children whose permanent molars have come in.

Sealants are usually applied to the chewing surface of back teeth, filling the tiny grooves and pits to protect against the bacteria that cause tooth decay. The back molars are where cavities often develop. But if the bacteria can't penetrate a tooth's enamel, they can't multiply and cause decay.

Applying the sealant is a quick and simple process. There is very little discomfort, if any, and your child will be able to eat immediately afterward. Sealants can last for as long as five to 10 years.

Ask your child's dentist about sealants TODAY!

