

Dental Sealants for Sunny Smiles



One out of five children and one in seven adolescents have at least one cavity on a permanent tooth.

Approximately 90% of tooth decay in permanent teeth occurs in the chewing surfaces of back teeth (molars).

Dental sealants can help prevent permanent teeth from getting cavities.

What is a sealant?

A sealant is a thin plastic coating that keeps food and germs off of the chewing surfaces of teeth. Sealants can protect against 85% of chewing surface cavities.



Photos courtesy of Edward Zapert, D.M.D.

What color are sealants?

Sealants may be clear, white or tinted. Most people will not be able to see the sealant when a child smiles or talks.



Which teeth are sealed?

Molars and premolars that help us chew our food. These teeth must last a lifetime!

Do sealants last a lifetime?

Sealants will generally last about five years—some longer. If part of a sealant is lost, it must be replaced for the tooth to remain sealed.

Teeth that have sealants need to be checked during routine dental visits to make sure that the sealant is in place.



Sealing Sunny Smiles Across Florida



Dental sealants are recommended by the:

Centers for Disease Control & Prevention

American Dental Association

American Dental Hygienists' Association

American Academy of Pediatrics

American Academy of Pediatric Dentistry

When do permanent teeth usually appear in the mouth?
Around the age of 5.



Photo courtesy of Edward Zapert, D.M.D.

When should teeth be sealed?

A sealant needs to be placed as soon as the permanent molar appears in the mouth. Start looking for permanent teeth when the child is 5 years old.

Who applies the dental sealant?

A licensed or certified dental professional may provide dental sealants. Sealants can be placed by professionals at the Florida Department of Health dental clinic in your county, school-based programs, or at local dental offices.

How are sealants applied?

It is very easy to do! Teeth are cleaned with a brush or a cup to remove plaque and food debris. Next a clear gel is applied on the chewing surface and then rinsed with water. The tooth is dried and the sealant is painted on the grooves of the tooth. A special light is used to harden the sealant.

Will insurance pay for dental sealants?

Most insurance plans cover the cost of sealants for children.



www.flhealth.gov/dental/sealant.html