



Paul R. LePage, Governor

Mary C. Mayhew, Commissioner

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Dental Sealants

help prevent tooth decay

Help your child's teeth last a lifetime



Dental sealants protect teeth
Getting sealants is easy
Sealants help you save money

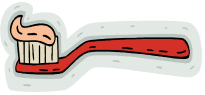


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Dental sealants protect your child's teeth from decay.

Sealants are a thin, plastic coating put on the chewing surface of the back teeth (molars). The chewing surfaces of the back teeth are rough and uneven with small pits and grooves.



A toothbrush can't reach into these pits to brush away the food and germs that get trapped in the pits.

Sealants fill the pits and grooves and make the surfaces smooth. They keep out the foods and germs that cause decay. Once decay starts in a tooth, it has to be cleaned out by drilling. Then the tooth has to be filled. A sealant is put on a tooth before decay ever starts.

Children should get sealants on their permanent molars as soon as the teeth come in.

The first permanent molars usually come in when a child is between the ages of 5 and 7. The second permanent molars usually come in between the ages of 11 and 14.

Other teeth with pits and grooves might need sealants. Sealants can last up to 10 years without resealing.



Getting sealants is easy

The dentist or hygienist:

- Cleans the tooth
- Dabs it with a special solution to help the sealant stick.
- Puts on the sealant. It gets hard in less than a minute.

Getting sealants doesn't hurt.

No shots. No drilling. The tooth stays whole and strong. Your child won't feel the sealants, because they are very thin. They won't show when your child talks or smiles.

Sealants help you save money.

The cost of a sealant may vary, but a sealant costs a lot less than a filling. If you have dental insurance, it may pay for some sealants. The MaineCare Program does pay for sealants.

Sealants help you save money because they protect teeth from decay. In the long run, you and your child will spend less on fillings, crowns or caps. And a healthy mouth means better health in general.

