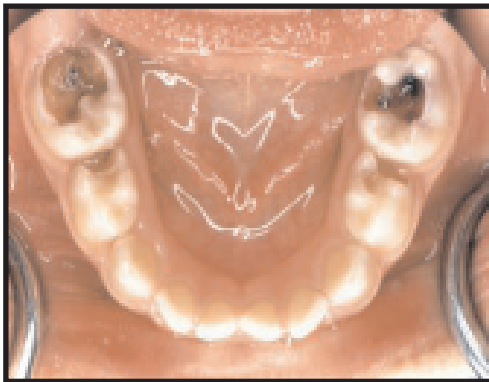
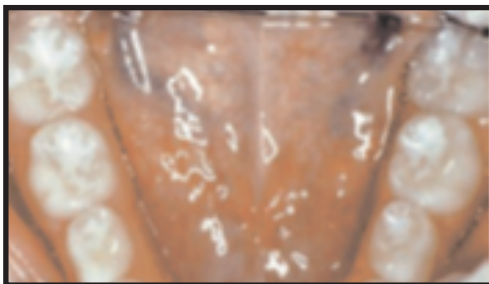


## Sealant Facts

- A sealant should be placed as soon as the top of the tooth is accessible to a dental professional.
- Sealants may last many years and are checked at regular dental visits.
- Sealants protect teeth especially when children are most susceptible to having decay.
- Sealants are less expensive than a restoration.



**Decay**



**Sealants**

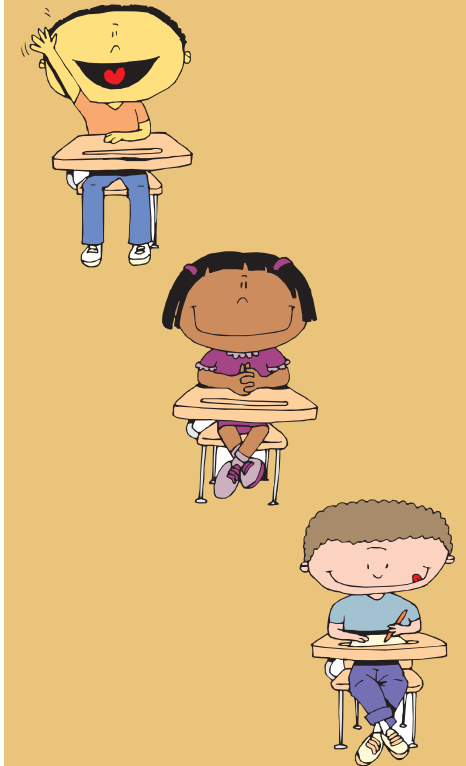
## Tips for Good Dental Health

- Seal out cavities with dental sealants.
- Use fluoride – in drinking water, toothpaste, and mouth rinse.
- Brush at least two times each day for two minutes each time.
- Floss between all teeth DAILY.
- Eat well balanced meals and cut out sweets between meals.
- Visit the dentist by age ONE.
- Have regular dental checkups two times per year.



College of Dentistry  
Department of Dental Hygiene

## Fluoride Varnish and Sealants: Something to Smile About



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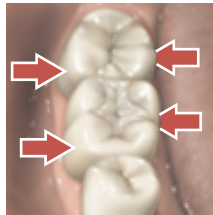
[www.unmc.edu/dentistry](http://www.unmc.edu/dentistry)

# The Best Protection for Your Child's Teeth: Sealants and Fluoride

Most cavities start on the back teeth. These teeth have many small "pits" and "fissures." Germs and food debris hide in these crevices and cause tooth decay.

Fluoride in water, toothpaste, and mouth rinse is most beneficial for the smooth surfaces of the teeth.

The **smooth surfaces** are located on the tongue and cheek sides as well as in between the teeth.



Dental sealants are best for the biting surfaces.

The combination of fluoride for **smooth surfaces** and sealants for the pits and fissures are needed to provide optimal protection against decay.

Dental sealants are a thin, plastic coating designed



Before



After

to cover the pits and fissures, so the biting surfaces are smooth.

Sealants and fluoride used in combination can effectively reduce decay by 50%. They are both easy to apply, require no needles or drills, and result in a pain free dental experience!

## Applying Sealant

1. The teeth are brushed with hydrogen peroxide, rinsed and dried.
2. Etchant is gently rubbed on the teeth and is rinsed after 15 seconds. The tooth will look chalky.
3. Sealant is painted on the biting surfaces.
4. A UV light hardens or cures the sealant forming a protective shield (20 seconds).
5. The end result is a protective sealant.

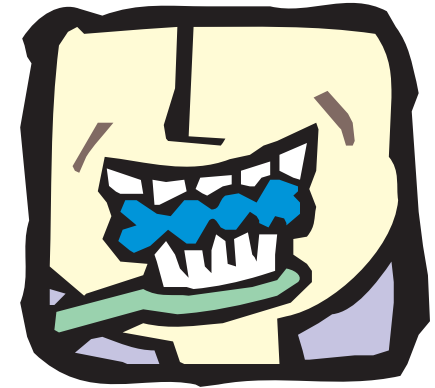


## Applying Fluoride Varnish

1. Fluoride varnish is painted on clean surfaces. *It is okay to eat and drink immediately* after varnish is applied.
2. For maximum benefit, *do NOT brush or floss for the remainder of the day and night.*
3. Resume brushing and flossing the following morning: *2 times a day for 2 minutes!*

**Seal Out Decay. Seal in Smiles.**

**Fewer Cavities  
and Fillings...  
Lower Dental Bills...  
and...  
BIG SMILES!**



Besides sealants, the other ways to prevent tooth decay are brushing with a fluoride toothpaste, flossing, and drinking fluoridated water.

Fluoride makes teeth more resistant to decay and can repair tiny areas of decay before they become large cavities.

**Sealants and fluoride  
together can prevent  
almost all tooth decay.**