

Dental Sealants

A dental sealant is an easy way to help keep the chewing surfaces of your teeth cavity-free. It flows into the pits and grooves and “seals out” bacteria and food. It is then much easier to brush debris right off the surface of your tooth.

Sealants are generally recommended for young permanent molars that have not yet had a cavity. These teeth usually erupt around age 6 and then again around age 12. Primary teeth and front teeth can be considered on a case by case basis.

From time to time, sealants can chip a little bit. We will check on the condition of your child’s sealants at his or her exam and can repair small defects if needed. However, even if a piece of your child’s sealant comes off, a microscopic layer usually remains in the groove and provides continued protection to the tooth.

Sealants are relatively quick and easy to place. There is no numbing required and your child can eat afterwards. After sealants are placed, your child may report that they cannot bite normally. This is normal and it is because they are still adjusting to the sealants. In the extremely unlikely case that your child is still having trouble after two weeks, please let us know and then we can adjust the sealants.

Please remember to brush and floss like normal after sealants. Please not that they only help prevent decay on the chewing surfaces, not the flossing sides of the teeth. Going forward we recommend that your child avoids chewing ice as this can contribute to the sealants chipping.



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