

Sealants can help stop cavities



We'll do whatever it takes and then some.

Taking care of your child's teeth

Dental sealants can protect your children from cavities. Sealants are applied to the chewing surfaces of molars to act as a barrier between the tooth and harmful bacteria.

They are most effective when applied to decay-susceptible biting surfaces as soon as the teeth come in.

Sealants can help stop cavities before they begin

Children are prone to cavities because of the natural shape of their growing teeth. When first molars come in around age 6, deep crevices called pits and fissures form on the chewing surfaces of these back teeth. Pits and fissures are narrow, making them difficult to clean; however, there is plenty of room for bacteria to grow.

Children's eating habits also lead to cavities because their diets generally include frequent snacking. Children are usually brushing their own teeth by age 6, and they may not be doing an adequate job. They rarely brush as often as necessary.

Sealants prevent cavities

Dental sealants can protect your children from cavities. They are most effective when applied to decay-susceptible biting surfaces as soon as the teeth come in. The sealing material is applied to the tooth surface and partially penetrates the tooth enamel, ensuring that it is firmly attached to the tooth. Once applied, the sealant fills in the tooth's grooves, hardens and creates a thin plastic barrier that keeps cavity-causing bacteria out of the pits and fissures.

Application is fast and painless

Your child will be happy to know that with sealants, there is no drilling and no

discomfort. Sealants can be applied by either your dentist or a registered dental hygienist, and application takes less time than having a tooth filled.

After many years in practice, sealants have proven to be safe, durable and effective. Check your Delta Dental Evidence of Coverage booklet to see if your plan includes coverage for sealants. Usually, sealants are covered when applied to first molars through age 8 and second molars through age 15. However, coverage under some plans may be different.

Cavity prevention

Regular at-home preventive care — brushing and flossing after every meal — can also help keep your child's dental problems to a minimum. From age 2, children should begin to brush their own teeth with a parent's help. Use a small, soft brush with a pea-sized amount of toothpaste. After age 8, children can brush and floss alone, with an occasional check by an adult.

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Visit the Oral Health & Wellness section on www.deltadentalins.com to take the following quizzes:

- Dental Cavity Quiz
- Gum Disease Quiz

Questions about oral health?

If you've got questions about oral health, be sure to check out our website at www.deltadentalins.com for answers.

To help you and your family keep your smiles healthy, we've compiled an extensive library of articles on oral health topics from amalgam fillings to x-rays and just about every oral health topic in between.

Mouth-Body Connection

- Diabetes and oral health
- Heart disease and oral health
- Men's oral health
- Oral cancer
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- Pregnancy and oral health
- Stress and oral health
- Tobacco use and oral health

Preventive Care

- Brushing and flossing
- Dental cleanings
- Fighting bad breath
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- Nutrition and oral health
- Choosing and caring for your toothbrush

Emergency Care

- Dental care when traveling
- Handling dental emergencies

Kids & Teens

- Baby bottle tooth decay
- Children's oral health
- Eating disorders
- Teens' oral health

Seniors

- Dental care of Alzheimer's patients
- Dentures
- Seniors' oral health

Dental Treatments

- Amalgam and resin fillings
- Braces
- Dental implants
- Dental x-rays
- Sealants

Conditions

- Dry mouth
- Mouth sores
- Sensitive teeth
- TMJ