# DENTAL SEALANTS PREVENT CAVITIES

Dental sealant is a thin white coating that is brushed onto your back teeth to prevent cavities.



**Before**Tooth without sealant



**During** Sealant is applied



After
Tooth with final sealant

Hi! We are dental providers visiting schools.

We give children a healthy smile to help them learn, play and grow.



#### WHAT GOES ON INSIDE OUR MOUTHS ALL DAY?



Throughout the day, a tug of war takes place inside our mouths. As kids snack on sugary food and beverages such as soda and juice, the bacteria in the mouth create acid, the acid breaks down teeth and can cause decay. As decay progresses, a visible hole or cavity is formed in the tooth or several teeth.

## The good news is that tooth decay and cavities are preventable. Here are some tooth-friendly tips:

- Brush your teeth with fluoride toothpaste twice a day and floss daily.
- · Limit sugary foods and beverages.
- Drink tap water with fluoride.
- See a community dental hygienist or dentist regularly.

# SEAL MINNESOTA A STATEWIDE IN-SCHOOL DENTAL SEALANT PROGRAM

GETTING KIDS

READY FOR

ONE SMILE

### Did you know that dental sealants can prevent 80% cavities?

- Licensed dental teams will visit your school and apply sealant on children's back teeth to prevent future cavities.
- Getting sealants is safe, quick, painless, and comfortable.
- Participation in this program requires parents/ guardians to sign a written permission form.
- At a minimum, children will receive dental screening, oral health education, dental sealants and a warm handoff for follow-up care as needed.
- There is typically no cost to the students.