

New Jersey Department of Health
Children's Oral Health Education Program

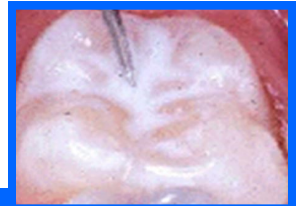
Dental Sealants

What are dental sealants?

Sealants are plastic coatings applied to the chewing surface of back teeth. Molar teeth should be sealed. Pre-molars may also get sealed.

How are dental sealants applied?

Teeth getting dental sealants are cleaned. The liquid sealant is painted on the chewing surface of the tooth and hardens in one minute.



*Seal
Away
Tooth
Decay!*

Protect your child's teeth from decay:

- Have your child brush his/her teeth at least twice a day.
- Use fluoride toothpaste.
- Have your child floss his/her teeth at least once a day.
- Make healthy food choices. Limit sugary snacks and drinks.
- Take your child to the dentist for regular check-ups.
- **Ask your dentist about having sealants placed on your child's teeth.**



Check out the website
www.2min2x.org
for fun 2 minute
brushing songs and apps!

