

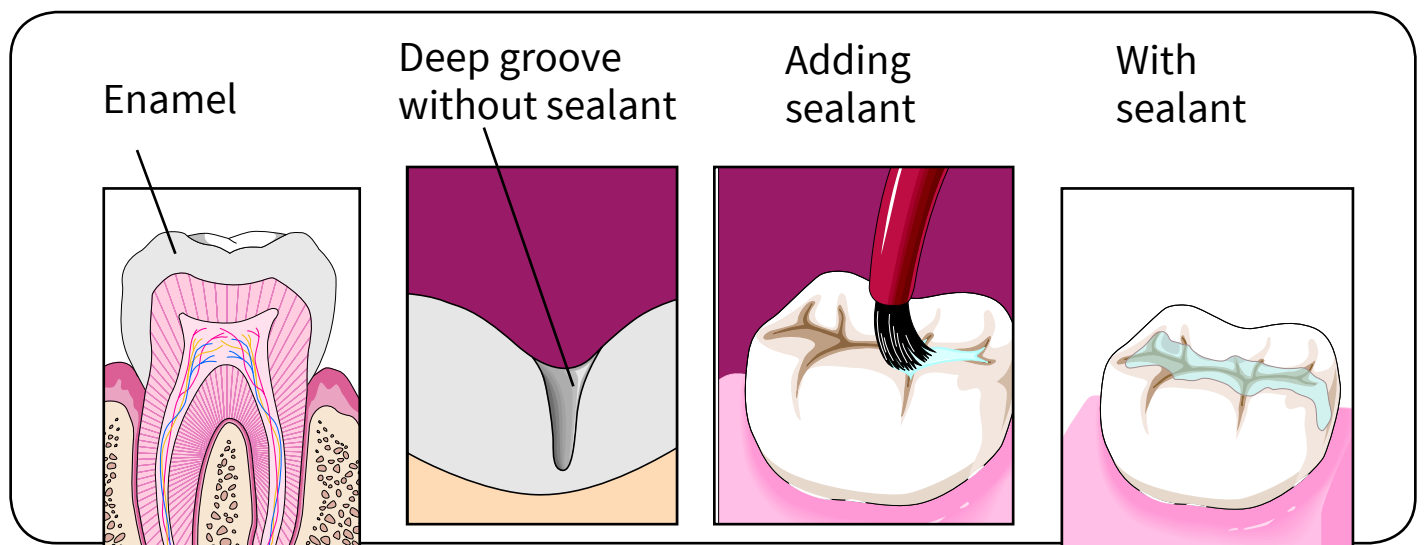
Sealants – Seal Out Tooth Decay

What is a sealant?

A sealant is a clear or shaded plastic that a dentist, dental hygienist, or dental assistant puts on the chewing surfaces of back teeth (molars). This is where most decay happens. Sealing a tooth only takes a few minutes.

How do sealants help?

Molars often have deep grooves that toothbrush bristles can't reach. Because these grooves are hard to clean, plaque and food collect in them and cause tooth decay. Sealants fill the grooves and protect teeth from decay.



When is the best time to get sealants?

Sealants can be put on permanent molars. The best time is when the molars have come all the way in.

How long do sealants last?

Sealants usually last for several years. Sometimes, a sealant may need to be replaced.

Does MSI pay for sealants?

Under the MSI Children's Oral Health Program, sealants are covered for all permanent molars.

What causes cavities?

- Sugar in food plus plaque in the mouth can lead to tooth decay.
- Plaque is a thin, hard-to-see layer of germs that covers the teeth and gums. These germs use the sugars in food and drinks to make acid.
- This acid eats away the hard outer layer of the teeth (called enamel) and causes tooth decay.
- The longer food and sugary drinks stay on the teeth, the greater the risk of tooth decay.

For more information about the MSI Children's Oral Health Program, talk to your dentist or dental hygienist, visit: <https://novascotia.ca/dhw/children-dental> or call toll-free: 1-888-711-1119.

Seal out tooth decay — ask your dentist or dental hygienist about sealants for your children.

Looking for more health information?

Find this pamphlet and all our patient resources here: <http://library.nshealth.ca/PatientGuides>

Contact your local public library for books, videos, magazines, and other resources.

For more information, go to <http://library.novascotia.ca>

Connect with a registered nurse in Nova Scotia any time: call 811 or visit <https://811.novascotia.ca>

Learn about other programs and services in your community: call 211 or visit <http://ns.211.ca>

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Prepared by: Public Health

Illustrations by: LifeART Super Anatomy 6 Images, Copyright © 1994, TechPool Studios Corp. USA

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