

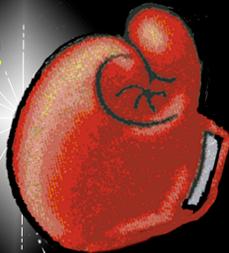
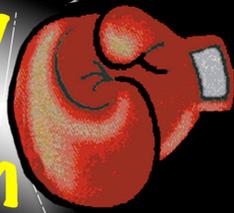
**GIVE
TOOTH DECAY
the ONE - TWO
PUNCH!**

ONE!

**Community
Water
Fluoridation**

TWO!

**Protective
Dental
Sealants**



**Sealants
are
covered by
ARKIDS
and most
private
dental
insurance**

With dental sealants,
fluoridated water and
regular dental check-ups,
there's a good chance
that kids won't have
any cavities!

And that's great news
for parents, teachers and
LITTLE TEETH EVERYWHERE!

OFFICE OF ORAL HEALTH



Arkansas
Department
of Health

Keeping Your Hometown Healthy

**Super
Tooth**

says



**Seal
Those
Teeth!**

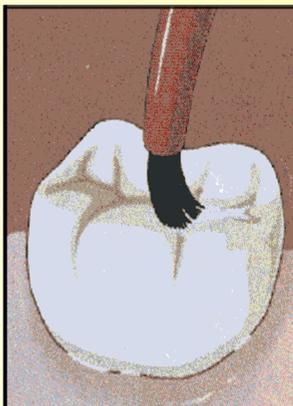
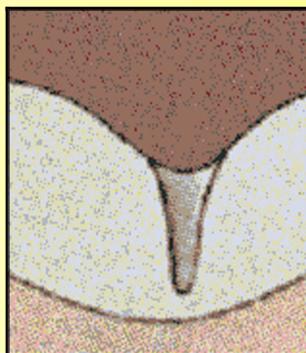
Dental Sealants
protect against
tooth decay!

What is a Sealant?

It's a thin, plastic coating that is brushed on the surfaces of your teeth by a dentist or a dental hygienist to protect your teeth against tooth decay. Easy as **1-2-3!**

1. Before

the application of sealant: clean and prepare teeth



2. Next,

then brush the sealant material on the teeth



3. After

application, the sealant material is hardened with a special light

Who? ...and when?

-  Children between 6 and 14 years of age
-  As soon as molars appear
-  Sealants will last for many years, and can be repaired

It's **FAST**, it's **EASY**, and it **DOESN'T HURT A BIT!**
....and surely you know that prevention is always better than treatment!



How to Knock-Out Tooth Decay!

-  Limit soft drinks, juice, and all sweetened drinks (juice diluted with water in sippy cups still causes decay)
-  Chew only sugar free gum - use only sugar free mints, breath mints and cough drops
-  Brush and floss regularly and use fluoride toothpaste
-  Don't drink soft drinks or juice before bedtime
-  Drink fluoridated water
-  Get professional fluoride treatments
-  Ask your dentist about sealants
-  Get regular dental check-ups beginning at age 1