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

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

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**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

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**How to Knock-Out Tooth Decay!**

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

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