How can I prevent cavities?

- Go to the dentist 2 times a year. This will help catch cavities and other mouth problems before they get worse.
- Limit how much sugar you eat and drink.
  - Limit soda and juice to meal times only.
  - Try not to snack between meals.
  - Drink tap water.
- Help your children take good care of their teeth.
  - Take your child for regular dental check-ups starting at age 1.
  - Ask your child’s dentist about sealants and fluoride varnishes. Your insurance may pay for this.
  - Brush your child’s teeth at least 2 times a day with a fluoride toothpaste and floss 1 time a day.
  - Do not let your child drink sodas or juice before bedtime. Sugar from these drinks causes cavities while they sleep.

Will my insurance pay for sealants?

ARKIDS and most private dental insurance plans will pay for sealants.

Find a dentist by:

- Visiting http://insurekidsnow.gov/coverage/find-a-dentist/index.html
- Calling 1-877-543-7669

There is a good chance that your child will not have any cavities if they:

✔ Get dental sealants.
✔ Brush 2 times a day and floss once a day.
✔ Eat healthy foods.
✔ Drink tap water.
✔ Have regular dental check-ups.
Why should my child get dental sealants?

- Dental sealants help prevent tooth decay (cavities) in the back teeth (molars).
- Without sealants, children have almost 3 times more molar cavities than children with sealants.

When should my child get dental sealants?

Your child should get dental sealants if all of these are true:

- They have their permanent back teeth (molars)
- They are between 6 and 14 years old
- It has been 4 years or more since they had sealants put on

What are dental sealants?

They are a thin, clear plastic coating that is brushed on the surfaces of your child’s molars. Sealants are a quick and easy way to prevent your child from getting cavities in their permanent molars. Fewer cavities means fewer expensive dental treatments, like fillings and crowns.

How are sealants put on my child’s teeth?

To put sealants on your child’s teeth, a dentist or dental hygienist will:

1. Clean and dry your child’s teeth
2. Brush the sealant on the teeth
3. Dry the sealant with a special light until it is hard

All done! The sealants will now protect your child’s teeth for up to 4 years. They can also be replaced.

Getting sealants is fast and simple.