

## 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.



## 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.



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# Take Care of your Teeth

## With Dental Sealants



## 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.



## 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.



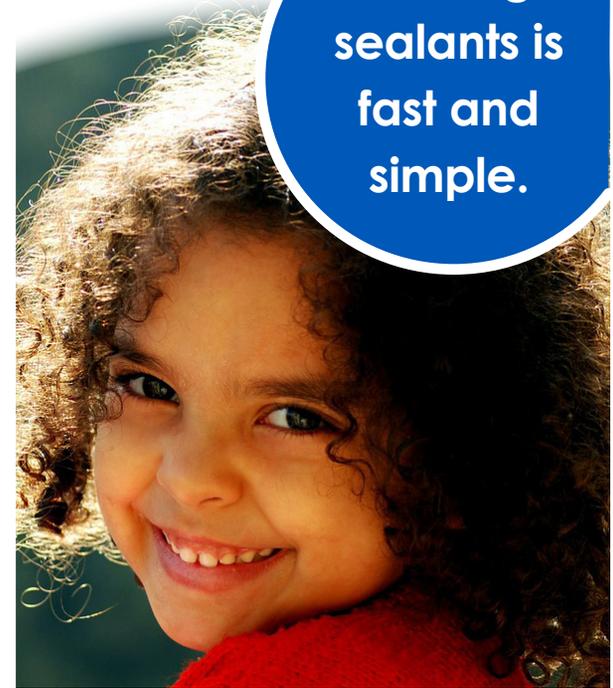
## How are sealants put on my child's teeth?

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.



## 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