Dental Sealants Shield Kids from Tooth Decay

A dentist can protect your child’s teeth from cavities with an invisible plastic coating called a dental sealant.¹ The American Dental Association and the American Academy of Pediatric Dentistry recommend sealants as powerful weapons in our arsenal against decay.¹,³

Sealants are usually applied to the chewing surface of back teeth, filling the tiny grooves and pits where bacteria often lodge, and where most children’s and teens’ cavities develop.⁴ If bacteria can’t penetrate a tooth’s enamel, they can’t multiply and cause decay.² Recent research shows that sealants not only protect healthy teeth, but also can actually stop decay in its beginning stages, preventing future cavities.¹

Applying a sealant can have the most benefits when your child’s second set, or permanent, molars have just erupted—before they have a chance to begin to decay. Most children’s first molars appear between the ages of 5 to 7 years and the second permanent molars appear between 11 and 14 years of age.⁴,⁵

Applying the sealant is a quick and simple process. There is very little discomfort, if any, and your child will be able to eat immediately afterward.¹

Your child’s sealants can last for as long as five to 10 years. They should be checked at regular dental exams and can be reapplied if necessary.⁴


