

# Sealants

## What are sealants?

Sealants protect the surfaces of teeth with grooves and pits, especially the chewing surfaces of back teeth where most cavities are found.

## How do sealants work?

Even if your child brushes and flosses carefully, it is difficult- sometimes impossible- to clean the tiny grooves and pits on certain teeth. Toothbrush bristles are just too thick to reach into pits and fissures. Food and bacteria build up in these depressions, placing your child in danger of tooth decay. Sealants "seal out" food and plaque, thus reducing the risk of decay.

## How long do sealants last?

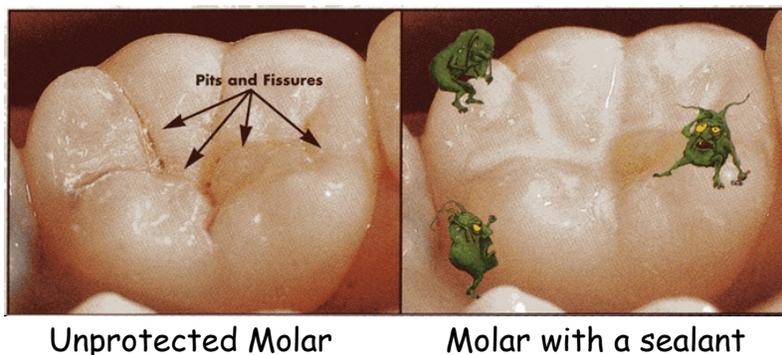
Research shows that sealants can last for many years. So your child will be protected throughout the most cavity prone years. If your child has good oral hygiene and avoids biting hard objects like ice cubes, crunchy candy, or sticky foods, sealants will last longer. Our clinical team can easily replace or repair a lost or damaged sealant. \*We guarantee our sealants on molars for TWO YEARS and our bicuspid sealants for a LIFETIME\*.

## What is treatment like?

The doctor or hygienist can apply a sealant quickly and comfortably! It only takes one visit. The provider cleans, conditions, and dries each tooth, paints the sealant on, then hardens it with a blue light. It's that easy!

## Which teeth should be sealed?

Any tooth with grooves or pits may benefit from the protection of sealants.

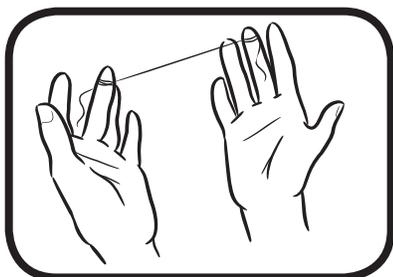


Unprotected Molar

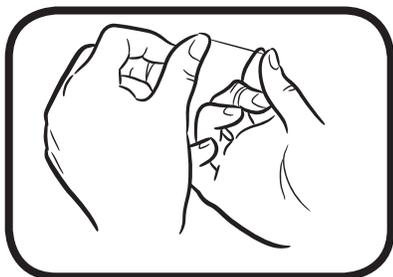
Molar with a sealant

\*The sealant guarantee applies only when your child comes every 6 months for their routine visits and during the duration of their time as a patient in our practice.

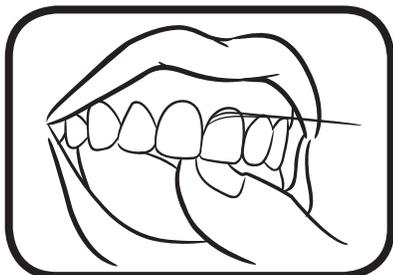
# How to Floss



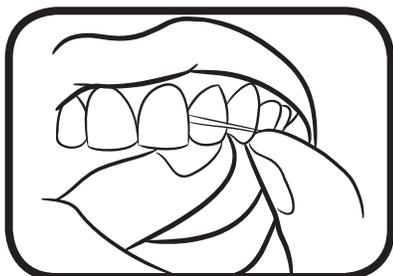
- Use about 18 inches of floss wound around one of your middle fingers, with the rest wound around the opposite middle finger.



- Hold the floss tightly between the thumbs and forefingers and gently insert it between the teeth.



- Curve the floss into a "C" shape against the side of the tooth.



- Rub the floss gently up and down, keeping it pressed against the tooth. Don't jerk or snap the floss.



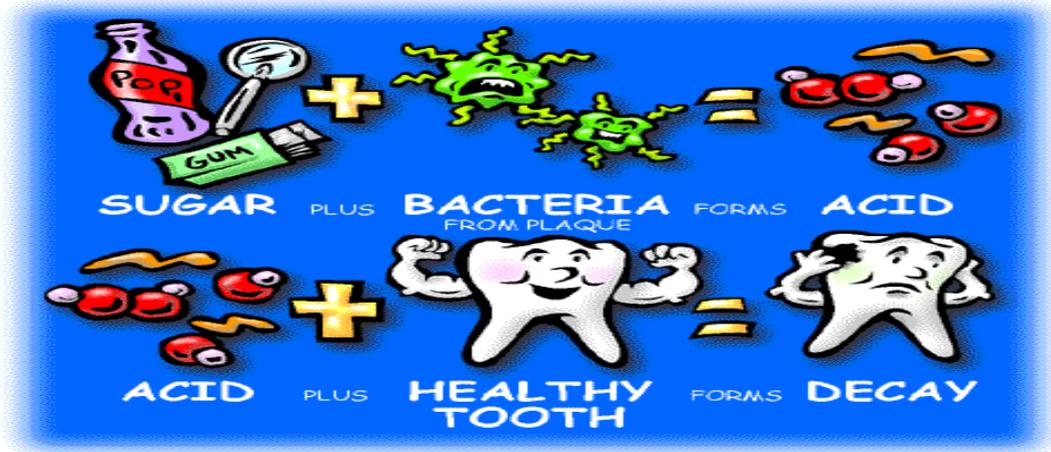
- Floss all your teeth. Don't forget to floss behind your back teeth.

# How To Brush

1. Place the head of the toothbrush alongside the gumline where the teeth and gums meet at a 45 degree angle
2. Move the brush back and forth with short (half a tooth wide) strokes several times using a gentle scrubbing motion. Heavy pressure is not needed. A light but firm-brushing stroke allows the bristles to flex and slide below the gumline.
3. Brush the outer surface of each tooth, upper and lower, keeping the bristles angled against the gumline. Brush two to four teeth at a time. (If you are a 30 second brusher about all you do is exercise your arms! Proper brushing takes longer but is well worth it.
4. Use the same method on all inside surfaces of the upper and lower teeth, still using short back and forth strokes.
5. For the inside surfaces of the upper and lower front teeth, tilt the brush vertically and make several up and down strokes with the tip of the brush over the teeth and gums.
6. Brush all of the chewing surfaces of the teeth.
7. Finish by brushing the tongue and the roof of the mouth.



# How is a cavity formed?



*The Doctors recommend 3 meals and 2 healthy snacks a day!*

## Ouch These Drinks Hurt!

	pH
Water	7.00
Sprite	3.42-3.43
Mountain Dew	3.17-3.22
Sunkist	3.06
Gatorade	2.95-2.97
Dr. Pepper	2.92-3.05
Snapple lemonade	2.56
Coca Cola	2.53-2.62
Pepsi	2.49-2.63
Battery Acid (TERRIBLE)	1.00

## Healthy Snacks

1. Peanut butter and sugarless jelly
2. Celery and carrot sticks used as dippers for peanut butter and cream cheese
3. Fresh fruit
4. Cubed cheese
5. Yogurt
6. Hard boiled eggs
7. Hummus and pita bread
8. Popcorn
9. Raw vegetables
10. Unsweetened cereal
11. Frozen banana pops dipped in granola
12. Meat and cheese rollup

Compiled from the laboratory test of K.A. Baker, M.S. Pharm. & University of Minnesota School Of Dentistry, 2000 as provided by the Minnesota Dental Association