

Dental Sealants

What are sealants?

A sealant is a white or clear plastic material that is usually applied to the chewing surfaces of the back teeth.

How can sealants prevent decay? How do they work?

The pits and fissures (grooves) of the back teeth are difficult to keep clean, making them one of the most common spots for decay to develop. Sealants bond into the pits and fissures and act as a barrier, protecting these areas from bacteria and acids.

Are sealants suitable for all teeth?

Sealants are used on the chewing surfaces of the back teeth only (the premolars and molars), and can be applied to permanent or primary (baby) teeth. However, most insurance plans exclude premolars and primary teeth, even though they are clinically effective in reducing your child's risk for tooth decay.

Are sealants only for children?

No. The likelihood of developing tooth decay on the chewing surfaces begins early in life, so children and teenagers are obvious candidates for sealants. However, adults may also benefit from sealants because one never outgrows tooth decay.

How are sealants applied?

The procedure is simple and quick with little, if any, discomfort. First the tooth is cleaned and a mild conditioning solution is applied. The tooth is rinsed and dried before the sealant is applied to the tooth's chewing surface. The sealant is then hardened with a curing light.

How long do sealants last?

Sealants hold up well under the incredible force of everyday chewing and may last for several years before a reapplication is needed. Regular dental visits are important so that your dentist can check the sealant and reapply it as needed.

Are there special instructions after sealants are placed?

Immediately after sealants are placed, biting may feel awkward. Usually this resolves after the first or second time a patient eats something. Additionally, it is recommended to avoid chewing on ice cubes, hard candy or sticky foods that may loosen sealants.

Do sealants contain bisphenol-A?

None of the sealant material used at ForwardDental contains bisphenol-A.