

# DeSenze Dentistry Newsletter

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## What You Need To Know About Dental Sealants...



DeSenze Dentistry  
3011 NE 15th St., Pompano Beach  
<http://www.desenze.com>

A dental sealant is an acrylic-like material that helps shield out decay-causing bacterial from the chewing surfaces of back teeth. We base our diagnosis and recommendation for dental sealants of the patient's susceptibility to tooth decay and how the teeth were shaped when they originally formed below the gum. Though there is no specific age at which sealant are indicated, often we recommend that the best time to apply them is when the six-year molars (the first permanent teeth) appear.

### How Do Sealants Help Prevent DeCay?

Sealants material forms a protective barrier by bonding to tooth surfaces and covering natural depressions and grooves in the teeth where 75 percent of tooth decay begins. Combined with proper home care and regular dental visits, sealants are extremely effective in preventing tooth decay.

### Are Sealants Suitable For All Teeth?

Sealants are applied only to pit and fissure areas of specific teeth. Unfortunately, they cannot be applied to the surfaces in between teeth where daily flossing is recommended to prevent decay. Though sealants are most often applied to children's teeth, **many adults are now seeking the preventive benefits** of pit and fissure sealants as well.

### How Long Do Sealants Last?

Depending on your chewing pattern, The sealant effect can last many years. Even though sealant material is durable, at subsequent dental appointments we make sure the sealants material is intact. Occasionally, we might need to replace or add a new layer of sealant

### Now That Your Teeth Have Been Sealed

Chewing on ice cubes, hard candy or very sticky foods should be avoided as much as possible.

### Sealants Versus Fluoride

Sealants and Fluoride are materials designed to preserve and prolong the life of your teeth by preventing dental decay. Sealants are applied topically to certain areas of individual teeth and are a visible sign that the tooth is being protected. Fluoride, on the other hand, may be used effectively from the prenatal stages through the adolescents period, when children are most prone to cavities. Once absorbed and retained in tooth enamel, fluoride stays on the teeth permanently, though invisibly. Unlike sealants, fluoride is supplied in a variety of forms, including commercially prepared mouth rinses, forms, gels drinking water and many toothpastes.

Applying Sealants and fluoride can be important steps in preventing tooth decay. Here are some other steps you should take to protect you teeth:

1. Brush and floss regularly.
2. Follow a balance diet.
3. Visit us at least twice a year for routine checkups.

### A final Word

If you have any questions about sealants, please ask us. Sealants have proven to prevent tooth decay. Our goal is to help preserve your smile throughout your life, and sealants help make that possible.

### Patient Referral Program

Our office would like too have more patients like you. Please refer your friends and family and we will credit your account **\$50** each time you send us a new patient.

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