



FAMILY HEALTH HANDOUT: DENTAL FLUORIDE AND DENTAL SEALANTS



HEALTH CHALLENGE

Use fluoride mouthrinse after brushing and flossing teeth. Ask your dental professionals about dental sealants.



**STICK IT UP!
PUT THIS ON
THE BATHROOM
MIRROR TO
REMIND YOUR
FAMILY ABOUT
FLUORIDE
AND DENTAL
SEALANTS.**

FLUORIDE AND DENTAL SEALANTS PROTECT TEETH



WHAT IS FLUORIDE?

Fluoride, a natural mineral, protects teeth inside and out. Brush and swish with fluoride products and have a fluoride treatment at your dentist's office.

WHAT IS A DENTAL SEALANT?

It is a liquid coating painted on chewing surfaces of the back teeth.

WHY SHOULD CHILDREN GET DENTAL SEALANTS?

Sealants fill in the grooves to smoothe the tooth surface. The sealant liquid hardens to keep out the food and germs that cause cavities. Sealants save money by preventing costly fillings.

WHEN SHOULD CHILDREN GET DENTAL SEALANTS?

Children should get sealants on their permanent back teeth as soon as they come in.

Ask your dental professional. Getting sealants is easy. It doesn't hurt. Your child won't feel the thin sealants. They won't show either. Your dentist will clean the tooth, dab a special solution to help the sealant stick, and paint the sealant on. It hardens in seconds. Sealants can last 5 or more years.

SEALANTS HELP YOUR FAMILY SAVE MONEY

Medicaid and CHIP programs pay for sealants. Sealants are recommended by the American Dental Association.

FLUORIDE AND DENTAL SEALANTS

Programs pay for both fluoride treatments and dental sealants. Fluoride and dental sealants are recommended by both the American Dental Association and the American Dental Hygienists' Association