Dental Sealants

Thin, plastic covering that protects back teeth from cavities

STEPS for Sealants

1. Tooth is cleaned and dried:

2. Blue gel is put on tooth to get it ready:

3. Tooth is rinsed and dried again

4. Sealant gel is put on the tooth: It can dry on its own or with a light

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Tooth is rinsed and dried again:

Sealant gel is put on the tooth:

It can dry on its own or with a light
Fluoride Varnish

What is it?
A mineral brushed on teeth

What does it do?
Protects the teeth from getting cavities and can stop a cavity that has already started

Is it safe or hard to do?
YES it is safe!
For babies to adults
NO it is not hard to do very easy with no pain

Your dental provider will tell you how often Fluoride Varnish is needed, but usually 3-4 times per year is best!