

# Seal your smile!

Sealants are applied to permanent molars and can prevent cavities from forming in the mouth by keeping food and bacteria from getting stuck in the grooves of teeth.



Ask your dentist about sealants today!

- 1** Sealants act as a “clear coat of armor” for your teeth.
- 2** A child’s first and second molars can have sealants applied to them. First molars come in around the age of 6. Second molars come in by the age of 12.
- 3** Sealants are applied by dentists on your teeth. They are painted onto teeth where it hardens to form the plastic coating.
- 4** Sealants can save time and money for families.
- 5** Sealants are a covered benefit for kids enrolled in the Delta Dental Smiles for Kids plan.

U.S. Department of Health and Human Services. Oral health in America: A Report of the Surgeon General—Executive Summary. Rockville, MD:  
U.S. Department of Health and Human Services, National Institute of Dental and Craniofacial Research, National Institutes of Health, 2000.



Utilize these oral health tips to keep your mouth healthy!

Brush your teeth twice a day using fluoridated toothpaste. Be sure to brush for two minutes.

Floss your teeth daily.

Eat a healthy diet and drink fluoridated water.

See your dentist regularly and when you have unusual symptoms.