



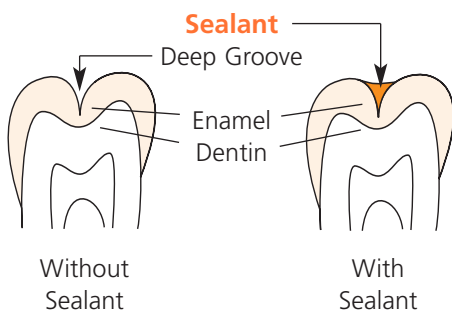
dental facts



Sealants – seal out tooth decay!

What are sealants?

Sealants are clear or shaded plastic that a dentist or hygienist puts on the chewing surfaces of back teeth—molars. This is where most decay happens. Sealing a tooth takes only a few minutes.



How do sealants help?

Molars often have deep grooves. Toothbrush bristles cannot reach into them. Because these grooves are hard to clean, plaque and food collect in them and cause tooth decay. Sealants fill the grooves and protect teeth from decay.

When's the best time to get sealants?

Sealants can be put on baby or permanent molars with deep grooves. The best time is when the molars have come all the way in.

How long do sealants last?

Sealants usually last for several years. Once in a while, sealants may need to be replaced.

Will MSI pay for sealants?

Under the MSI Children's Oral Health Program, sealants are covered, **one time only**, for all first permanent molars with deep grooves. If your child is covered by a co-pay dental plan, MSI will pay the portion you would normally pay for your child to have sealants put on all first permanent molars with deep grooves.

For more information about the MSI Children's Oral Health Program talk to your dentist, dental hygienist or call:
Toll free: 1-888-846-9199.
In HRM: 832-3253.

Seal out tooth decay – ask your dentist or dental hygienist about sealants for your children.



What causes cavities?

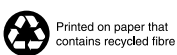
Sugar in food plus plaque in the mouth can lead to tooth decay.

Plaque is thin, hard-to-see layer of germs that covers the teeth and gums.

These germs use the sugars in food and drink to make acid.

This acid eats away the hard outer layer of the teeth—called enamel—and causes tooth decay.

The longer food and sugary drinks stay on the teeth, the greater the risk of tooth decay.



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