

# Dental Sealants



Protecting Teeth,  
Preventing Decay



## Introduction

Our teeth are constantly being covered with a sticky film of bacteria, called plaque. When we eat or drink anything that contains sugar — such as cookies, candy, soda, juice, fruit and many other foods and beverages — bacteria turn the sugar into acids that can attack tooth enamel. For some people, repeated attacks may eventually result in decay. The good news is that there is a way to protect your teeth and prevent decay.

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One of the most common places that tooth decay develops is on the chewing surfaces of the back teeth, the premolars and molars. When you run your tongue along the chewing surfaces of the back teeth, you can feel depressions and grooves. These indentations, called pits and fissures, help to grind food.

Regular brushing and cleaning between teeth with floss or another interdental cleaner help remove food particles and bacteria from the smooth surfaces of tooth enamel. However, it's difficult to keep the pits and fissures clean. That's because toothbrush bristles can't reach into the grooves of your back teeth to remove plaque, bacteria and tiny particles of food.

