



## SEALANTS PREVENT TOOTH DECAY!

The hottest cavity fighter on the market today is a sealant, not a toothpaste. By sealing the biting surface of a tooth with a white plastic material, dentists can help children and adults reduce the chances of cavities and tooth decay by 50%. The Oral Health America Alliance now considers sealants an integral component of comprehensive dentistry.

Dental sealants are a clear plastic material applied to the grooves and valleys on the chewing surfaces of the back teeth where decay is most likely to develop, all without novacaine and drilling. Sealants have no taste and do not change the taste of food. They are completely inert except that those same acids, after reaching a certain threshold, will slowly dissolve the tooth in those nooks and crannies of the back molar teeth. Of course once a hole is created by the plaque acids, the tooth would then require a filling to prevent further disease and pain. There is an old saying in dentistry: "Fillings as children and young adults, become crowns as adults". My goal is to prevent decay and fillings so you may never have to experience more costly dentistry such as crowns.

The procedure for dental sealants is simple and straight forward:

1. The dentist or hygienist thoroughly cleans the tooth.
2. The tooth surface is then conditioned with a mild solution to help the sealant bond to the tooth.
3. The sealant is then applied and bonded to the tooth.
4. The sealant bonds directly to the tooth and hardens quickly, protecting the tooth from the plaque acids that create decay.
5. We will check your sealants at each maintenance appointment to better ensure a lifetime of protection for your teeth.

Dental sealants along with a healthy diet of fruits and vegetables, 90 oz of water daily, and regular flossing and brushing, provide you the assurance of stopping the cause of dental disease giving you the quality of life that is priceless!

**Dr. Foltz practices dentistry in Norcross, GA and can be reached at (770) 449-0099.**