

MYTHBUSTERS

Myth: Dental sealants are a new treatment.

Fact: Dentists have been applying dental sealants since the 1960s.

Myth: Dental sealants are just for children.

Fact: Dental sealants may be applied to molars (back teeth) of adults too.

Myth: Dental sealants hurt.

Fact: The treatment is simple. The dentist or dental hygienist paints the sealant on your molars (back teeth), with no anesthesia, and within minutes.

Myth: Dental sealants are expensive.

Fact: Sealants are not expensive. For children, most private dental insurance providers and MO HealthNet (Medicaid) cover dental sealants at no charge.

Myth: I will need to get sealants reapplied.

Fact: You may only need to get one application. Sealants can potentially last for over 10 years.

Myth: You will not save any money by getting a sealant.

Fact: It is estimated that every \$1 invested in preventive dentistry saves \$38 in the future.

Myth: Dental sealants will need to be removed.

Fact: Sealants do not need to be removed. The sealant material will gradually wear off.

Myth: It takes a long time to place sealants.

Fact: It only takes a few minutes to place sealants.

Myth: You do not have to care for sealants.

Fact: By visiting your dentist at least once a year, he or she can examine the sealant to be sure it is still providing protection from decay. Caring for your mouth by brushing your teeth twice a day and flossing once a day will keep your teeth healthy.

Myth: Teeth will decay underneath the sealant.

Fact: Sealants prevent decay from happening. The protective barrier prevents bacteria from getting on the teeth and the sealed, smooth area is easier to clean.

Myth: Sealants do not prevent decay.

Fact: With proper oral health care, including brushing and flossing, sealants prevent cavities by up to 80%.

Myth: Dental sealants are unsafe for children.

Fact: Dental sealants are safe and help prevent decay in permanent molars (back teeth). Consult with your dentist to know if sealants are the right choice for your child.

