

## ARE DENTAL SEALANTS FOR CHILDREN A SAFE OPTION?



### Protecting Your Child's Teeth: What Are Dental Sealants and Are They Safe?

If your child often gets cavities, their dentist might suggest using **dental sealants** in addition to regular brushing, flossing, and dental check-ups. These sealants act like a protective barrier that helps keep out bacteria and prevents tooth decay.

But you may be wondering: **What exactly are dental sealants? And are they safe for kids?** Let's break it down.

### What Are Dental Sealants and How Do They Work?

Dental sealants are a thin, protective coating painted onto the chewing surfaces of your child's back teeth—where cavities usually form. Once applied, the sealant hardens and covers the tiny grooves and pits in the teeth, keeping out food, sugar, and germs that can lead to cavities.

### Are Dental Sealants Safe for Children?

Yes, they are! Research and expert organizations like the **American Academy of Pediatric Dentistry (AAPD)** and the **Centers for Disease Control and Prevention (CDC)** support the use of sealants for kids. When applied by a trained dental professional, sealants are a safe and effective way to protect children's teeth from decay.

### Why Should You Consider Sealants for Your Child?

Here are some great reasons:

- **Cavity Protection:** Sealants can reduce the risk of cavities by up to 80%, especially in hard-to-reach areas of the mouth.
- **Saves Money:** Preventing cavities means fewer dental treatments later, which can save you money on fillings or crowns.

- **Quick and Painless:** The process is simple—sealant is brushed onto the tooth and hardened with a special light. No drilling or pain involved!
- **Long-Lasting:** Sealants can protect teeth for years. Your dentist will check them during regular visits to make sure they're still working well.

### **Are There Any Risks?**

Some parents worry about a chemical called **BPA** in dental sealants. While trace amounts may be present, research shows the amount is extremely low—much less than what's found in everyday foods.

Allergic reactions to sealant materials are also very rare. If your child has known allergies, the dentist can use different materials that are safe for them.

### **Your Saraswati Dental College team is here to help !**

We are proud of to be well-known paediatric dental experts in Saraswati Dental College and Hospital. We are here to help you and your child adjust to their new world of dental visits in any way that we can. You and your child are in great hands with our trusted team. Please don't hesitate to reach out to us with any questions. We would like to help you for betterment of your future.

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