

FOLLOW THE PREVENTISTRYSM APPROACH

Delta Dental's unique Preventistry approach promotes prevention-focused care for members. We urge you to embrace our Preventistry practices, too, by:

- Utilizing the oral health tools and resources available to you at www.deltadentalma.com.
- Using your dental plan—Delta Dental provides coverage for more preventive services than any other plan.
- Taking the Preventistry Pledge at www.preventistry.com.
- Taking an active role in managing your oral health.

Healthy
Mouths *for life*



DELTA DENTAL OF MASSACHUSETTS

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www.deltadentalma.com

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*Specific account exceptions may apply.

PROTECT YOUR TEETH WITH SEALANTS

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*Delta Dental of Massachusetts covers sealants for children with recurring decay, up to 19 years of age.**



SEALANTS NOW CAN PREVENT CAVITIES LATER.

THAT'S THE BASIS OF OUR
PREVENTISTRYSM APPROACH
AT DELTA DENTAL. WE GIVE
YOU THE COVERAGE, BENEFITS
AND INFORMATION YOU
NEED TO HELP PREVENT
ORAL HEALTH
PROBLEMS AND
KEEP YOUR
SMILE HEALTHY,
FOR LIFE.



WHAT IS A DENTAL SEALANT?

A dental sealant is a plastic resin material that a dentist places into the grooves of the chewing surface of the tooth to help prevent the formation of cavities (*tooth decay*).

WHY ARE SEALANTS IMPORTANT?

Brushing your teeth twice a day helps remove plaque (*an acid film that forms on your teeth and causes cavities*). But some teeth, like the molar teeth in the back of your mouth, are harder to brush clean than others:

- Surface “grooves” that form on molar teeth accumulate plaque—the longer plaque remains on a tooth, the more likely it is to create a cavity.
- To combat plaque formation, a sealant can be applied to fill in the grooves and create a smooth bond on the back molar teeth.
- When properly applied, sealants make it very difficult for plaque to accumulate and are highly effective in preventing cavities.

HOW IS A SEALANT APPLIED?

The application of sealants takes only a few minutes for each tooth and lasts for 5 years or longer. The process is painless:

- First, your dentist or dental hygienist will make sure your tooth is clean.
- Next, the tooth's surface will be prepared to ensure the sealant will bond to it.
- After the tooth dries, the liquid sealant is painted or dabbed into the grooves of the tooth.
- A special light is shined on the tooth for a short time, causing the sealant to harden immediately.

WHO SHOULD GET SEALANTS?

If you have a history of cavities or have molars with deep grooves, you may be at a higher risk for future decay. Also, it is important that children receive sealants on their first molars (ages 6 & 7) and second molars (ages 12 & 13) to reduce their risk.

Check with your dentist to see if sealants may be right for you or for your children. A simple check-up will help determine if you are a candidate for sealants.

Remember, our Preventistry approach at Delta Dental covers 100% of more preventive services—including sealants in many cases—than any other plan.



Tear out this card along the perforation and keep it in your wallet as a reminder to discuss your oral health with your dentist.

REMEMBER TO ASK YOUR DENTIST ABOUT SEALANTS

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- Based on my dental history, would sealants be right for me?
- When should I start thinking about sealants for my child?
- Why are sealants important for my oral health?