

Preventistry® is Delta Dental of Massachusetts' groundbreaking and unique approach to transforming the oral health care system. Preventistry combines clinical innovation, actionable data and digital engagement to provide a higher level of care and improve the health of our members.



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**Protect your
teeth with
sealants**

Improving oral health today,
For better overall health tomorrow.
That's the power of Preventistry®.



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.

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 five years or longer.

The process is painless:

- First, your dentist or dental hygienist will clean your tooth.
- 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 into the grooves of the tooth.
- A special light is shined on the tooth for a short time, causing the sealant to harden.

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 and 7) and second molars (ages 12 and 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.