



WHAT ARE DENTAL SEALANTS?

Sealants are thin, plastic coatings applied on the chewing surfaces of the back teeth. They are simple and painless to place.

WHY GET SEALANTS?

Sealants help prevent tooth decay for the back teeth, where germs and food can easily settle. Having sealants applied on teeth before they decay will also save time and money in the long run. They can help you avoid fillings or crowns to fix decayed teeth.

WHO SHOULD GET SEALANTS?

- Children should get sealants on their permanent molars *as soon as the teeth come in*—before decay attacks the teeth.
- Other teeth with pits and grooves also might need to be sealed.
- Teenagers and young adults who are prone to decay may also need sealants.

SHOULD SEALANTS BE APPLIED ON BABY TEETH?

Your dentist might suggest this if your child's baby teeth have deep pits and grooves. Baby teeth save space for permanent teeth. It is important to keep baby teeth healthy so they don't need to be removed.

HOW LONG DO SEALANTS LAST?

Sealants can last for several years. But they need to be checked at regular dental check-ups to make sure they have not chipped or worn away.

BESIDES SEALANTS, WHAT ELSE CAN BE DONE TO PREVENT TOOTH DECAY?

Fluoride is the best defense against tooth decay. Fluoride can help:

- Make teeth more resistant to decay.
- Repair tiny areas of decay before they become big cavities.
- Make germs in the mouth less likely to cause decay.

Use fluoride toothpaste and drink fluoridated water.

If your children's teeth need more fluoride to stay healthy, a dentist can prescribe it in the form of a gel, mouth rinse, or tablet.

Sealants and fluoride together can prevent almost all tooth decay.

If you have questions about sealants either for your child or for yourself, talk to your dentist.

Sources:

- National Institute of Dental and Craniofacial Research

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甚麼是牙科密封劑?

牙科密封劑是薄的塑料塗層。它用來塗在後排牙齒的咀嚼表面上。塗放密封劑是一個非常簡單且無痛楚的程序。

為甚麼需要密封劑?

密封劑有助預防蛀牙。長遠來講，能有效節省時間和金錢的方法是於蛀牙前，在容易積聚細菌和食物殘渣的後排牙齒上塗放密封劑。此方法能有助避免蛀牙，從而節省用填料和牙冠填補蛀牙的金錢。

誰適用密封劑?

- 兒童應該在長出臼齒時（蛀牙前），隨即塗放密封劑。
- 其他有凹槽的牙齒可能也需要被密封。
- 容易有蛀牙的青少年也可能需要塗放密封劑。

應該在乳齒上塗放密封劑嗎?

如果您的孩子的乳齒有很深的凹槽，牙科醫生可能建議在乳齒上塗放密封劑。乳齒為恆齒預留生長的位置，所以保持乳齒的健康，避免乳齒過早被拔除很重要。

密封劑能維持多久?

密封劑能持續數年，但它們需要定期被牙科醫生檢查，確保沒有碎裂或磨損。

除密封劑以外，有沒有其他預防蛀牙的方法?

氟化物是蛀牙的最強防禦。氟化物有助：

- 牙齒抵抗蛀牙。
- 修復微小的蛀口，避免形成大洞。
- 減少口腔裡造成蛀牙機會的細菌。

使用含氟牙膏，飲用添加氟的水。

如果您的孩子需要更多的氟化物來保持牙齒健康，牙科醫生可以給他 / 她開氟化物凝膠、漱口水及藥片處方。

密封劑和氟化物一起用能預防幾乎所有由蛀牙引起的問題。

如果您有任何關於密封劑的疑問，請諮詢您的牙科醫生。

資料來源：

- National Institute of Dental and Craniofacial Research

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Spanish ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929). **NEMS Health Ed. – Rev. 12/2019**

Chinese 注意：如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 (415) 391-9686 轉內線 8160 (TTY: 1-800-735-2929)。

Vietnamese CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số (415) 391-9686 ext. 8160 (TTY: 1-800-735-2929).