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Extreme Benefits Of Dental Sealants for Your Oral Health

Oral hygiene is very important to maintain healthy teeth and body. Yes, you've read that right! How you take care of your mouth says a lot about how much you want your body to stay fit and disease-free. This is because mouth problems such as tooth decay and gum disease may result in a more serious type of illness when not catered right away. Good thing dental practitioners have found a way of protecting your teeth through the use of dental sealants so you no longer have to worry about damaging your teeth in the long run.

What Is Dental Sealant?

Dental sealant is a dental procedure that coats your teeth with plastic to avoid food debris from entering the molars of your teeth. It serves as a shield or a blockage so that the enamel won't be damaged with any plaque or tartar buildup. Moreover, it is a preventative measure to be taken if you don't want cavities to reside in your mouth causing your teeth to become yellowish or even blackish.



Is It Important to Have Dental Sealants?

Dental sealants or teeth sealants are very important to protect your teeth from tooth decay that may damage your teeth. The acidic foods that you eat every day may weaken your enamel but with dental sealants, there is no way your teeth will be affected because they are coated and protected. It will also save you from spending more money in the future because your teeth will no longer need fillings or any type of dental restoration.



Additionally, it is totally good to use dental sealant for sensitive teeth so that you can enjoy whatever food you'd like to eat without feeling any discomfort. Dental sealants for adults could guarantee healthy teeth but it is also suitable for children to use teeth sealant for protection as early as now because children tend to enjoy sugary foods like ice cream.

We understand that you want to learn more about dental sealants, so we made a list that will explain everything you need to know about the benefits of dental sealants. Check them out below!

What Are the Benefits Of Using Dental Sealants?

Prevents Tooth Decay

Tooth decay doesn't happen overnight. The cavities in your mouth are responsible for creating holes in your teeth. Once you have tooth decay, it will be possible that the cavities will develop to other teeth, destroying the enamel and resulting in another cavity. So, it is a never-ending process of tooth decay when not treated. However, with the use of teeth sealants, you no longer have to check your teeth from time to time because you are guaranteed that nothing will ever damage the inside of your teeth because of the coating sealant has.



You may think that you can just brush your teeth to remove cavities and this could be effective but not 100%. There will still be food particles that can get into the deepest parts of your teeth that will, later on, result in cavities. If you are the type of person that wants to be one step ahead of everything, getting a dental sealant is the best prevention you can do for your teeth. In this way, there is nothing stopping you from eating any type of food and drinks because you know that your teeth are sealed and protected. Even a recent study proves that the chance of tooth decay is higher to people with no sealants than the ones with [dental sealants](#).

Pain Less Procedure

The number one concern of other people regarding dental procedures is the type of pain they have to bear in order to maintain good oral health. For example, tooth extraction is very painful even with anesthesia, that's why people would rather wait for their tooth to fall off rather than going to the dentist. But with teeth sealants, it's a different story because you only need to be still in a dental chair and the procedure will last for only 10-15 minutes. Here is how the process is done so you can have a glimpse of how safe and painless your teeth would be during the procedure.



<https://www.medindia.net/patients/patientinfo/prevent-tooth-decay-in-children-by-using-dental-sealants.htm>

1. Your dentist will first clean the enamel of your teeth to make sure that there is no plaque, tartar, or cavity before proceeding to the next procedure.
2. The dentist will start etching your teeth to prepare for the application.
3. The teeth sealant application will now start with the use of self-curing resin to secure teeth bonding.
4. The dentist will double-check the teeth sealant applied and if everything is placed correctly, you are ready to go.

Suitable for Everyone

Unlike other dental procedures where there is an age limit because of its complicated process, dental sealants for adults can also be used by children starting from five years old. There is no need for you to feel afraid for your children's safety because the whole process is quick and very easy, your dentist won't even let out a single sweat upon applying dental sealants. It is also a good practice, that as early as now, you start to introduce your children to the importance of taking care of their oral health so that the usual fear of going to the dentists will be eradicated.



Remember that the consumption of sugary food is very high during early childhood, which will also damage the teeth during this stage. In this case, you have to give your child a dental sealant to protect their teeth from any cavities. Don't forget toothbrushing with [fluoride](#) toothpaste because studies show that the combination of these two works equally well to avoid tooth decay.



Moreover, the use of a water flosser will ensure that your teeth sealant will last longer because it will easily remove any type of bacteria that may create tartar in the gum line. If your teeth are protected with dental sealant, you also need to give focus on your gums so that you achieve the

overall oral hygiene that you need. You can only do this if you have a [water flosser ideal for the whole family](#)! Here is a video below that shows how a water flosser can thoroughly clean your mouth.

https://www.youtube.com/watch?v=6GXp-_Qr7jM

Allows You to Save More Money

If your tooth enamel is protected, you don't have to think of the future damages your teeth may encounter. Thus, giving you a lot of money to save than not getting a sealant for sensitive teeth and suffer all your budget cost later. There's a big chance that you will have to undergo implants, fillings, root canals, and many others if you don't get dental sealants now.



Conclusion

Everyone is interested in maintaining a healthy mouth but when dental procedures are suggested, there will be a big hesitation to back down. However, with dental sealants, the whole process is not nerve-wracking and the result will surely last for a decade. You just have to be careful with the type of food you put in your mouth, like chewing gums that may wear out the sealant fast. Good thing there are [chewing gums that can help improve your oral health](#). You can learn more about that here.