

Dental Sealants Help Keep Smiles Healthy Delta Dental of Iowa

Since their [introduction during the 1960s](#), sealants have changed the way we protect our children's oral health. With cavities being the most common chronic disease among children, sealants can [reduce childhood tooth decay by more than 70%](#).

Here are five of the most commonly-asked questions about dental sealants:

1. **What are sealants?**

A dental sealant is a thin, plastic coating painted on the tooth's chewing surface, preventing food and bacteria from getting stuck in the grooves and pits. Think of sealants as an extra layer of protection for your teeth!

2. **Who should get sealants?**

Anyone with healthy teeth can get sealants. But children should receive them [as soon as they get their permanent molars and premolars](#).

3. **Why should my child have sealants?**

Children are developing dental health habits and may not be properly removing food and plaque from every nook and cranny. Sealants will provide extra protection during these cavity-prone years.

4. **How much do sealants cost?**

Without coverage, sealants can average [\\$55 per tooth](#). This is much less expensive than the \$207 cavity they help prevent. Luckily, with your Delta Dental of Iowa plan, sealants are covered for children up to age 15.

5. **Where can I go to get my child sealants?**

[Most dental offices](#) offer sealants. But sometimes children can receive sealants through a [school-based sealant program](#).

Sealants help keep your child's smile healthy, which may mean fewer cavities in the future and less time away from school or friends! For more tips on children's oral health, [visit the Delta Dental of Iowa blog](#).