

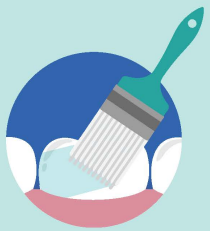


Get **EASY** **A**

Ask your dentist about sealants and varnishes!

Germs in your mouth produce acid that cause tooth decay. Dental sealants and varnishes help prevent and reduce the risk.

What is a Dental Sealant?



A sealant is a tooth colored protective coating painted on the chewing surface of your tooth.



Sealants protect teeth from germs that hide where your toothbrush can't reach.



Sealants help reduce cavities by 80%.



Brush your teeth two times a day!

What is Fluoride Varnish?

Fluoride varnish is a gel applied to your teeth that:

- is safe and effective
- stops or reverses early tooth decay
- is quick and easy to apply
- strengthens enamel



Don't forget to floss your teeth!

Tell an adult to visit our website



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dshs.texas.gov/dental