

Preventive Dental Services

There are many ways to help prevent cavities. Brushing and flossing daily, using toothpaste with fluoride, making good food choices, and visiting the dentist regularly will help keep your mouth healthy.



The dental professionals at the **Leeds, Grenville and Lanark District Health Unit** can also help with your oral health needs by providing the following preventive services:

Pit and Fissure Sealants

What are Pit and Fissure Sealants?

A pit and fissure sealant is a plastic coating that is applied to the top of a molar when the tooth has deep pits and grooves on the biting surface. The material is hardened with a special light.

Why do they help?

The plastic material covers the deep pits and grooves on the biting surface where the toothbrush



bristles cannot reach.

The coating acts as a barrier between the tooth and cavity causing bacteria.

How do you care for them?

There is no special care required once a sealant is placed. A dentist or dental hygienist will check the sealants at a routine dental visit and replace any that are damaged or missing.

Scaling

What is scaling?

Scaling is a professional cleaning of the teeth to help prevent cavities and gum disease.



How does it help?

Scaling helps to remove bacteria along the gum line and in between the teeth that may be missed when brushing and flossing.

Plaque and tartar on the teeth may cause the gums to become red, inflamed, and bleed easily. Removing the bacteria can help restore gums to a healthy state, which is pink and firm.

Fluoride Varnish

What is fluoride varnish?

Fluoride varnish is a sticky, paint on gel that protects the teeth from cavities. Application is quick and painless.

How does it help?

Fluoride varnish can help to stop small cavities from getting larger, and prevent new cavities from forming. Cavities can cause pain and infection in both baby and adult teeth. Fluoride varnish is recommended for children of all ages that are at risk for cavities.



Your oral health contributes to your overall health at all ages and stages. Contact us to find out more information about our dental programs and services.



For more information please call:
1-800-660-5853 to speak to dental staff
or go to our website:
www.healthunit.org/dental