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%.

**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

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