What is a fissure sealant?

Pits and fissures are the small cracks and crevices on the biting surfaces of back teeth. They are at high risk from dental decay.

Why do these need to be sealed?

Food and bacteria can become lodged in them and can eventually cause decay.

How does it work?

The sealant provides a protective layer on the tooth, over the pits and fissures, and so helps to stop food and bacteria getting in and attacking the tooth, thus helping to prevent dental decay.

How is this treatment done?

The back teeth are carefully cleaned by the dental surgeon of dental hygienist and prepared with a substance, which allows the sealants to bond strongly to the tooth.

The sealant is then applied onto the tooth. It sets in about 60 seconds. A light is sometimes used to help the sealant to set.

The treatment usually takes about 20 minutes.

Does it hurt?
There is no need for the mouth to be made numb, as the treatment is totally pain free.

What age is best for sealants to be applied?

Sealants can be applied as soon as permanent teeth begin to appear in the mouth; this is usually from the age of six onwards.

How long do sealants last for?

Occasionally the sealant may need to be reapplied, but when the child reaches adulthood there is no need for this treatment to be repeated.

Do you still have to clean your teeth when they have been sealed?

Good oral hygiene is still as necessity, but sealants should make cleaning easier.

Who should I ask about this treatment for my children?

You should speak to your dentist who will tell you if your children's teeth are at a suitable stage of development.

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FISSURE SEALANTS

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