



Fissure sealants

Some fissures (grooves) in the chewing surfaces of teeth can be difficult to clean. Sugary foods and plaque (germs) stick in the fissures and may cause decay.

Dental sealants - extra protection for teeth

To help protect these areas, dental sealants (a protective coating) may be placed over the grooves.

The process of sealing is quite simple. All dental sealants are made of adhesive materials which don't need drilling or injections. The tooth surface is cleaned and the sealant applied.

When are fissure sealants recommended?

During each visit your dental practitioner will assess the risk of decay. If teeth are considered to be at risk, dental sealants may be recommended for tooth surfaces that are most likely to develop cavities.



Before



After

How do I keep teeth healthy?

- Drink fluoridated water
- Brush twice daily with a fluoride toothpaste
- Limit sugary snacks and drinks, especially between meals
- Have regular dental checks

For further information please discuss with your dental practitioner

Would you like more information or to provide feedback?

This document can be made available in alternative formats such as braille, audio tape or electronically on request.



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