



## FISSURE SEALANTS

Fissure sealants are a safe and effective way to prevent tooth decay. These thin, protective coatings are typically applied to the grooves of the back teeth (molars and premolars), where food and bacteria can get trapped and cause decay. By sealing these areas, we help protect your teeth from cavities, keeping them healthier for longer.

### WHY SEAL YOUR TEETH?

Molars and premolars are especially prone to decay due to the deep groove that naturally form on their chewing surfaces. These grooves can trap food and plaque, making it harder to clean thoroughly. Fissure sealants fill these grooves, creating a smooth surface that's easier to clean and less likely to develop cavities.

### WHEN SHOULD SEALANTS BE APPLIED?

The best time to apply fissure sealants is as soon as permanent teeth appear, typically between the ages of 6 and 12, however, it's never too late. Adults can also benefit from sealants if they have deep grooves on their back teeth.

### BEFORE APPLYING SEALANTS

Before the sealant is applied, your dentist will ensure that your teeth are clean and free of any plaque or debris. We will also check for any cavities or tooth damage that may need attention before the sealant process. A quick cleaning may be required to ensure the best results.

### HOW ARE SEALANTS APPLIED?

The process is quick and painless:

- Your dentist will thoroughly clean and prepare your tooth
- The teeth are then dried, and a special gel is applied to create a rough surface for the sealant to adhere to
- A resin-based sealant is carefully painted onto the grooves of your teeth.
- The sealant is hardened using a special light. Once applied, the sealant will protect the tooth from decay and wear.

### TAKING CARE OF SEALED TEETH

Although fissure sealants protect your fissures from cavities, it's important to continue brushing and flossing regularly to maintain overall oral health. Your dentist may recommend routine checkups to ensure the sealants are still intact and effective.

### COSTS OF TREATMENT

The cost of fissure sealants varies depending on the number of teeth being sealed. Your dentist can provide a clear estimate and advise you on whether this is the right treatment for you or your child. Sealants are a cost-effective way to prevent costly dental treatments down the line by reducing the risk of cavities.

### POSSIBLE COMPLICATIONS

Fissure sealants are generally safe, but in rare cases, complications can occur. These may include:

- Discomfort during or after the application
- The sealant breaking down or coming off over time (which can be repaired)
- Sensitivity to temperature changes in some cases. Sealants are long-term preventive measure but should be checked during your regular dental visit

### TALK TO YOUR DENTIST

If you are interested in fissure sealants, talk to your dentist about whether they are suitable for your child. They can help assess your teeth and determine the best way to protect them from decay.