

Fissure Sealants

Information for Parents

Fissures are deep grooves in the biting surface of the back teeth. This is where teeth often get decay. Sealing with a resin-based material is recommended to prevent decay in the surfaces of permanent molars especially in children who are more at risk of getting decay, as they are difficult to keep clean. Research shows sealed teeth are less likely to become decayed.

When should it be done?

If needed, the first permanent back molars are sealed between 6 and 7 years of age. If required, the rest of the molars are usually sealed as soon as they appear which can be any time between 11 and 14 years.

What do we use?

Resin Fissure Sealant (Ultradent, Ultraseal XT Plus).

- It is white in colour and radiopaque so we can see it in the mouth and on x-rays.
- It is bisphenol-A free.



Natural fissures in a tooth



Tooth with a fissure sealant

Glass ionomer preventive coating

- If a tooth is only partly through the gum or it is difficult to stick a resin sealant to the tooth due to lots of saliva, a therapist might do a preventive coating instead of a resin sealant.
- Releases fluoride.

How do we do a fissure sealant?

1. **Etch** - we roughen the surface of the tooth to get the resin to stick to the tooth with a gel that we leave on for 20 seconds then wash off.
2. **Dry** - with cool air and a drying agent.
3. **Seal**- we put the fissure sealant in the deep fissures on the tooth.
4. **Light** - a blue light is shone on the tooth after placement and the sealant goes hard.