

Fissure Sealants

What are fissures in teeth?

Fissures are the deep grooves which make up the biting surface of your back teeth. Although these biting surfaces help you chew, food particles can build up in the deep fissures on the teeth. Plaque bacteria can also build up in these areas if the teeth are not being brushed regularly.



What is a fissure sealant?

A fissure sealant is a protective plastic coating which is applied to the biting surfaces of the teeth. This provides a physical barrier that prevents food and plaque building up in the fissures which cause decay.

When are they applied to the teeth?

Fissure sealants are usually applied to children's teeth as soon as their permanent molars erupt between the ages of 6-12 years.

How long do the sealants last?

Sealants can last for many years, but your dental team will want to check them regularly to check the seal is intact. The sealant can wear overtime so they may need to be topped up or replaced.

How are they placed?

1. The grooves of the teeth are cleaned



2. A coloured gel is placed on the tooth



3. The gel is washed off and the tooth is dried



4. The tooth-coloured sealant liquid is applied to the tooth.



5. A blue light is used to set the sealant.

