

Fissure sealants are only one way of helping to prevent tooth decay.

Remember also to:

- ☺ Brush teeth and gums every morning and night.
- ☺ Use a pea sized amount of fluoride toothpaste.
- ☺ Brush for 3 minutes (the length of a song).
- ☺ Don't eat a lot of sugary foods and drinks especially between meals. Keep these foods as treats or for special occasions.



- ☺ Make sure you keep your dental appointments.

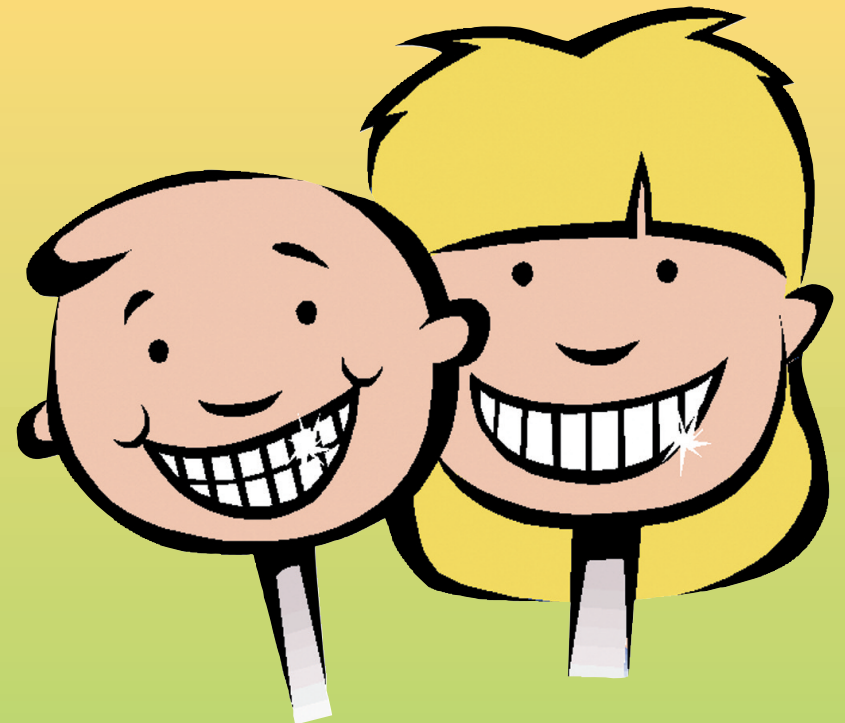


Feidhmeannacht na Seirbhíse Sláinte
Health Service Executive

Oral Health Promotion Team
Coolock Health Centre

What are

Fissure Sealants?



Fissure Sealants

Q. What are fissure sealants?

A. Fissure sealants are a safe and painless way of protecting your children's teeth from tooth decay. It is a plastic coating which covers the chewing surfaces of the back adult teeth. The sealant forms a hard shield that keeps food and bacteria from getting into the tiny grooves in the teeth. Most tooth decay in children occurs in the back teeth.

Q. How are fissure sealants applied?

A. It is quick and straight forward taking only a few minutes per tooth. A dentist or dental hygienist will clean and prepare the tooth with a special solution. The tooth is dried with air. The liquid is then applied and set hard using a special light. It is pain free.

Q. Can sealants be seen on teeth?

A. They can be clear or white in colour. Because they are on the back teeth, they cannot be seen when a child talks or smiles.



Q. How long do they last?

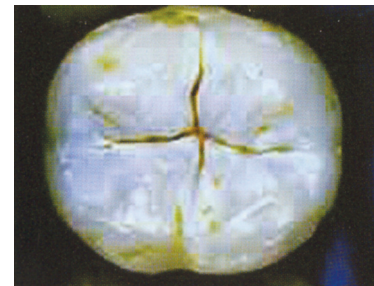
A. They can last for many years and the dentist may check them at each check-up visit. They can wear over time and the dentist or dental hygienist may add or replace some sealant.

Q. Do children still have to clean their teeth?

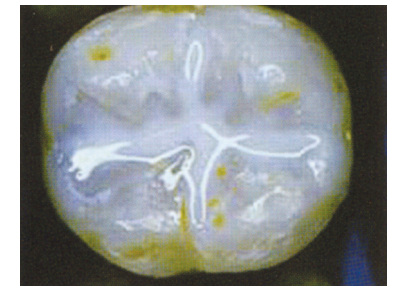
A. Yes. Sealants are only one part of a child's preventative dental care. It is still important that teeth are brushed twice a day with fluoride toothpaste. The sealed surfaces will now be easier to clean when toothbrushing. It is also important that children don't eat a lot of sugary foods and drinks especially between meals. These should be kept as treats or for special occasions.



Q. What do fissure sealants look like?



Tooth with NO fissure sealant.



Tooth WITH fissure sealant