



## Pit and Fissure Sealants

Fissures are grooves that naturally occur on the biting surfaces of teeth. Not all fissures are prone to decay, only the deepest and narrowest are at risk. The deep and narrow grooves in teeth trap food which is often difficult to remove. Trapped food attracts harmful bacteria and in turn causes tooth decay.

Dental Caries is a preventable disease affecting quality of life for those who have it. Good Oral hygiene is of utmost importance in the prevention of decay.

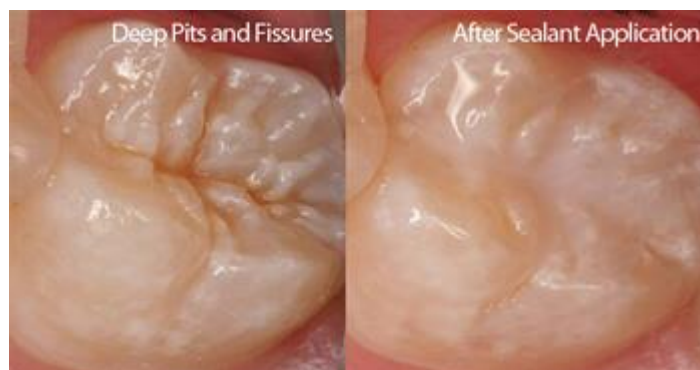
Sealing pits and fissures is an effective method for reducing tooth decay. These sealants are quick and painless and can be placed by your Dental Hygienist.

The material used to fill these deep grooves is similar to that of a tooth-coloured filling, however it requires no removal of the tooth surface.

- Tooth surface is thoroughly cleaned and dried
- Liquid sealant is painted into the deep grooves and pits
- A strong light is used to set the sealant material

This provides a physical barrier stopping food, bacteria and plaque acids from contacting the tooth surface. Over time Pit and Fissure sealants gradually wear away and sometimes fall out, they may need replacing as required.

A tooth surface with completely sealed fissures is very well protected from decay, however as the sealant wears down the protection is reduced. Regular review appointments with your dental team and good home oral hygiene are essential.



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