

Health Advice

What is Fissure Sealing?

Tough plastic coatings painted onto the biting surfaces of back teeth.

What do they do?

The grooves and fissures on our back teeth are vulnerable to decay because they act as a trap for food debris and bacteria. The plastic coating seals this area of the tooth thus preventing decay.

What does the process involve?

- The dentist cleans the surfaces of the tooth
- The dentist paints the liquid sealant into the grooves and fissures
- The liquid sealant is then set with a beam of blue light

Is fissure sealing effective?

Clinical studies show that fissure sealants significantly reduce the risk of decay, but the procedure is not a total guarantee against decay. Over 80% of sealants are present 5 years after placement.

Regular check-ups are still essential