

Community Dental Network

Information about fissure sealants



What is a fissure sealant?

Fissure sealants are protective coatings that are painted on to the grooves (pits and fissures) on the chewing surface of the back teeth (molars and premolars).

The fissure sealant is a protective layer that prevents food and bacteria from getting stuck in the tiny grooves in the teeth and causing decay.

It is a safe and straightforward way of protecting your child's teeth from tooth decay.

Who can benefit from a fissure sealant and when?

The highest risk for decay in adult (second) teeth is the first few years after a tooth appears; this is usually between six and eight years of age.

Fissure sealants can be applied once your child's permanent back teeth have started to come through to protect them against decay.

The dentist may recommend fissure sealants if your child has had tooth decay in the past.

How is it done?

The tooth will be cleaned, washed and dried, and then the liquid sealant will be applied to the surface of the tooth. A blue light will be shone onto the tooth to help the fissure sealant set.

It only takes a few minutes for the dentist or dental therapist/hygienist to apply a fissure sealant to your child's tooth.

What happens afterwards?

Your child may notice a strange taste for a short time after the fissure sealant has been applied; this is normal and will soon disappear.

It may also feel slightly different when they bite together but this feeling disappears within a couple of days

Your child can eat and drink normally after the treatment.

The fissure sealants will be checked during your child's regular dental check-ups and replaced if necessary.

How can I help?

Good dental health and a healthy diet is very important. Limiting sugary food and drink to mealtimes only will reduce the risk of tooth decay.

Remember:

- Teeth should be brushed last thing at night and one other time during the day

- Your child should use a pea sized amount of family fluoride toothpaste on their toothbrush and brush for at least 2 minutes
- Your child should not rinse their mouth after brushing their teeth
- Drinks that include acids, such as diet drinks and natural fruit juices, are harmful to teeth
- Visit the dentist as often as they recommend
- Always ask for sugar free medicines.

Useful information

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| Ashton, Leigh & Wigan | Leigh Health Centre Pemberton Health Centre | 01942 777910 01942 777920 |
| Bolton | Lever Chambers | 01204 403215 |
| Bury | Moorgate Primary Care Centre | 0161 470 4430 |
| Chester | Fountains Health Centre | 01244 385563 |
| Halton | Hallwood Health Centre | 01928 593400 |
| Heywood | Phoenix Centre | 0161 470 4411 |
| Rochdale | Nye Bevan House | 0161 470 4468 |
| Oldham | Oldham Integrated Care Centre | 0161 470 4433 |
| St Helens | St Helens Dental Clinic | 01744 731395 |
| Stockport | Kingsgate House | 0161 2044720 |
| Tameside & Glossop Trafford | Ashton Primary Care Centre Altrincham Health and Wellbeing Centre | 0161 3427150 01614704394 |
| Warrington | Bath St. Health & Wellbeing Centre | 01925 946293 |
| Widnes | Healthcare Resource Centre | 0151 4955042 |
| Winsford | Dene Drive Primary Care Centre | 01606 544188 |

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