



Fissure Sealing

What is it?

A tough plastic coating painted onto the biting surfaces of back teeth.

Why is it necessary?

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 the tooth and prevents any decay.

What does it involve?

1. The dentist cleans the surfaces of the tooth,
2. The dentist paints the liquid sealant into the grooves and fissures.
3. The liquid sealant is then set with a beam of blue light.

Is it effective?

Clinical studies show that fissure sealants reduce the risk of decay, but the procedure is not a total guarantee against decay.

Regular check-ups are still essential.