



**accrington rd**  
dental centre of blackburn

# **Fissure Sealants**

**a** 128/130 Accrington Road, Blackburn BB1 2AE  
**t** 01254 52165 **f** 01254 664518  
**w** [www.accringtonroaddental.co.uk](http://www.accringtonroaddental.co.uk)  
**e** [reception@accringtonroaddental.co.uk](mailto:reception@accringtonroaddental.co.uk)

## What are fissure sealants?

Fissure sealants are a preventative resin treatment to help prevent tooth decay in permanent molar teeth. A sealant is bonded to the tooth surface using a quick and painless procedure.



## Are sealants suitable for all teeth?

Fissure sealants only apply to the chewing surfaces of back teeth, they cannot be placed between teeth or on front teeth. Teeth which have active decay or fillings already present are not suitable to have sealants placed.

## How long do sealants last?

Sealants can last for many years, but care should be taken to avoid very sticky toffee-like foods as these food types can displace the sealant. Normal wear and tear will occur and the sealant can be replaced quite easily if necessary.

## What are the fissures of a tooth?

Fissures are the narrow grooves on the chewing surfaces of the back teeth. Despite regular tooth brushing, these grooves are so narrow they can hold food particles which can cause tooth decay.



Tooth fissure

## When can the fissures be sealed?

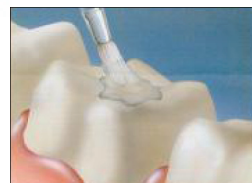
Sealants can only be placed on healthy teeth and can be provided once a tooth is fully erupted.



Fissure sealant placed on a tooth

## How are sealants applied to a tooth?

Placing sealants begins firstly by cleaning and polishing the tooth surface. A mild etching solution is then placed on the cleaned surface to slightly roughen the enamel allowing the sealant to bond effectively. After rinsing and drying the tooth surface the sealant material is then applied, once in place a bright light is then shone onto the sealant to harden the liquid material.



Sealant being applied on to tooth

## How do I clean my fissure sealants?

Fissure sealants should be cleaned and looked after just like your other teeth. Regular tooth brushing still needs to be maintained.

## How does fissure sealant work?

Fissure sealant material is a thin creamy resin which is of liquid form when applied to the tooth. Once placed in the fissures of a tooth, it is then hardened to become a plastic coating, therefore preventing food particles to become trapped in these fissures. Fissure sealants are an excellent step towards preventing tooth decay and the procedure is easy and painless.

