

POND SQUARE DENTAL

FISSURE SEALANTS — PROTECTING YOUR CHILD'S TEETH

What are fissure sealants?

Fissure sealants are a safe and effective way to help prevent tooth decay. They are thin, protective coatings applied to the grooves (fissures) on the chewing surfaces of the back teeth, where decay is most likely to develop.

The procedure is quick, painless, and requires no drilling.

When are sealants recommended?

Paediatric dental specialists recommend regular reviews every 2 to 4 months to check the condition of existing sealants and apply new ones as needed.

This helps ensure that your child's teeth remain protected as they grow and their permanent molars emerge.

Public health guidance

Public Health England supports the use of fissure sealants as part of children's preventive dental care.

Sealants are particularly recommended for permanent molars soon after they erupt, usually around ages 6–7 and 11–13.

Application process

1. Preparation: the tooth surface is cleaned and dried.
2. Application: the sealant material is applied precisely into the pits and fissures using a fine applicator.
3. Curing: if a light-cured material is used, a special light hardens the sealant within seconds.

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Who can benefit?

- Children and teenagers: most commonly recommended to protect new permanent molars.
- Adults: may also benefit, especially those with deep grooves or a history of tooth decay.

Benefits of fissure sealants

- Helps prevent tooth decay in vulnerable areas.
- Simple and pain-free procedure.
- Long-lasting protection when maintained through regular check-ups.
- Cost-effective — helps reduce the need for future dental treatment.

Types of fissure sealant materials

Resin sealants (preferred option)

- Provides a superior seal and longer-lasting protection.
- Offers better resistance to wear and decay.
- Requires strict moisture control and good patient cooperation.
- Involves more application steps, ensuring strong adhesion and durability.

Best for: patients who can tolerate a dry working area and longer procedure time.

Glass ionomer cement (gic) sealants

- Easier to apply and less sensitive to moisture, ideal for younger or less cooperative children.
- Releases fluoride, which helps strengthen enamel and prevent decay.
- More biocompatible with natural tooth structure.
- Used when resin cannot be applied — for example, if moisture control is difficult.
- Weaker material, less durable, and provides a less effective seal than resin.

Best for: temporary or alternative protection where resin application isn't suitable.

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Important considerations

- Sealants are not a substitute for good oral hygiene. Regular brushing, flossing, and dental visits remain essential.
- Sealants can wear down over time and may need to be repaired or reapplied.
- Regular dental check-ups ensure the sealants remain intact and effective.



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Pond Square Dental, 26 Highgate High Street, London N6 5JG
020 8348 9995 | info@pondsquaredental.co.uk | pondsquaredental.co.uk