

Patient advice and liaison service (PALS)

If you have a compliment, complaint or concern please contact our PALS team on 020 7288 5551 or whh-tr.whitthealthPALS@nhs.net

If you need a large print, audio or translated copy of this leaflet please contact us on 020 7288 3182. We will try our best to meet your needs.

Resources

Cochrane Oral Health Group:

<https://www.cochranelibrary.com/cdsr/doi/10.1002/14651858.CD002279.pub2/full>

Scottish Dental Effectiveness group:

<http://www.sdcep.org.uk/wp-content/uploads/2018/05/SDCEP-Prevention-and-Management-of-Dental-Caries-in-Children-2nd-Edition.pdf>

Photo is courtesy of the Scottish Dental effectiveness group

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Fissure sealants

A guide for children and parents



What is a fissure sealant?

A fissure sealant is a plastic coating which is placed on the chewing surfaces of the back teeth to protect them from dental decay.

They are applied on healthy teeth.

Sealants are applied by dentists or dental therapists.



Who gets a fissure sealant and when?

The highest risk for decay in adult teeth is the first few years after tooth eruption between 6-8 years of age.

The dentist may recommend fissure sealants if your child has had tooth decay before.

How is it done?

It takes a few minutes to apply a fissure sealant on a tooth.

The dentist will clean, wash and dry the tooth and then apply the sealant. Cotton rolls may be used to isolate the tooth from the rest of the mouth. A light will be shone onto the tooth to help the sealant set.



What happens afterwards?

Your child might have a strange taste for a while, but they can eat and drink as normal.

During check-ups the fissure sealants will be reviewed by your dentist and replaced if necessary.