

To help prevent tooth decay:

- > Use a small, soft toothbrush and fluoride toothpaste to clean your teeth and gums.
- > Brush twice a day. Each morning and before bed at night.
- > After brushing, spit out excess toothpaste but do not rinse.
- > Eat a well-balanced, healthy meals and choose healthy snacks to eat like fruit and cheese.
- > Limit snaking between meals.
- > Limit consumption of sugary and acidic foods and drinks. Avoid drinks such as soft drinks and juices.
- > Drink tap water.
- > Chew sugar-free gum between meals to stimulate saliva.

If you have any questions about this information please discuss these with our friendly dental staff

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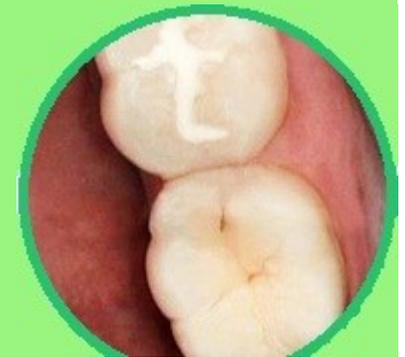
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Fissure Sealants

A guide for parents and clients

Long term protection from tooth decay



Richmond Dental Surgery

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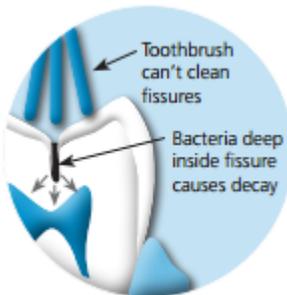
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Fissure Sealants

What are fissure sealants?

- > Fissures are the grooves on the chewing and biting surfaces of your back teeth.
- > Fissure sealants are thin protective adhesive coatings that are applied to the grooves and pits of the teeth to protect them from dental plaque and acids.
- > Most fissure sealants are applied to the chewing surfaces of the back teeth but not all fissures and pits require sealing.
- > Your dental professional will let you know which teeth they assess as being at risk of future decay and therefore may need to be fissure sealed.
- > They seal the fissure of your teeth making them easier to clean and protect the tooth from future decay.



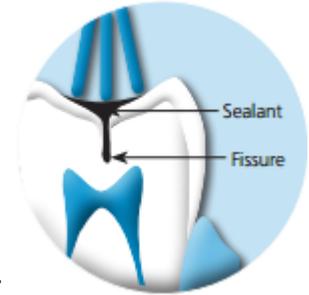
How do fissure sealants help protect the teeth?

- > If fissures and pits are deep, removing trapped food or plaque can be difficult. This can lead to tooth decay.
- > Fissure sealants help prevent food or dental plaque trapping by 'sealing off' the fissures and pits. The sealants therefore make it easier to keep the teeth clean with regular tooth brushing.
- > The first permanent molar teeth come through around six years of age. The ability of children at this age to effectively clean the fissures of these teeth is limited. Sealing these teeth can greatly reduce their risk of decay.

How do fissure sealants help protect the teeth?

- > The process of applying a fissure sealant does not require drilling or removal of tooth structure.
- > Before the tooth is to be sealed, it is made sure that it is thoroughly cleaned and dried.
- > A weak acid gel is applied to the tooth surface for a few seconds and rinsed away with water and inspected by the dentist.
- > While keeping the tooth dry, the liquid fissure sealant is placed into the fissure of the tooth, using a small brush or applicator.

- > The fissure sealant can be left to set or a light can be used to set the liquid fissure sealant leaving a hard thin layer of plastic in the fissures.



- > The patient's bite is checked to make sure the sealant does not interfere with the way the teeth bite together.

How are fissure sealants maintained?

- > Fissure sealants will be checked at your dental check-ups.
- > Fissure sealants can be replaced or repaired if needed.
- > Fissure sealed teeth do not require any additional home care.
- > Good oral health care will help protect other unsealed teeth from decay.

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