

toothbrushing. Use of a fluoride toothpaste will also help to protect your children's teeth. Pit and fissure sealing reduces tooth decay and therefore the number of fillings your child might need.

#### How much does it cost?

Pit and fissure sealing is available at this practice at a cost of £7.00 per tooth or £25.00 if all four molar teeth are sealed. (These are the most at risk teeth.) Parents will surely agree that if the anxiety, discomfort and pain normally associated with fillings is saved, it is well worth the few pounds the treatment costs.

#### Who do I ask about the treatment?

If you would like to know more about the treatment, consult your dentist or hygienist as they will tell you if your children's teeth are at a suitable stage in development.

#### Our Mission Statement:

*"Our aim is to deliver the highest standard of care in a comfortable and friendly environment"*



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We'll take care of you

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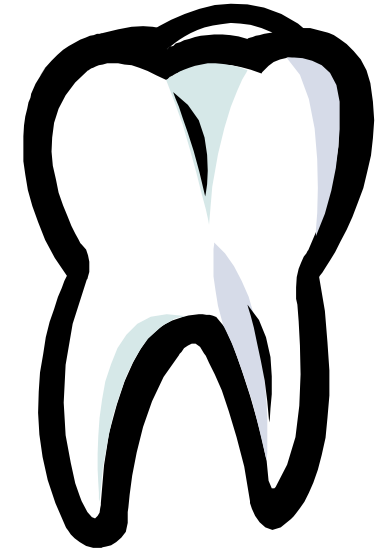
0121 747 6539

#### Opening Hours

Monday 9am - 5.30 pm.  
Tuesday 9am - 5.30 pm  
Wednesday 8.30am - 5.00 pm  
Thursday 8.30am - 5.00 pm  
Friday 8.30am - 4.30 pm.



# Pit and Fissure Sealants



## Why have children always needed so many fillings?

Children eat many things that encourage tooth decay and even thorough toothbrushing and fluorides cannot always protect their teeth completely.

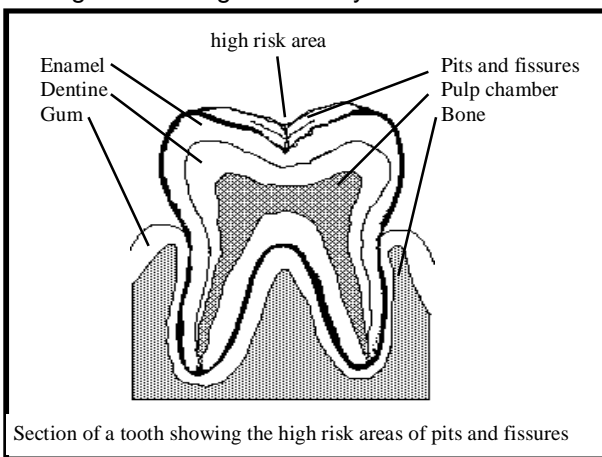
## What can be done to protect children's teeth from needing fillings?

Daily brushing with fluoride toothpaste and cutting down on the number of times sweet foods and drinks are taken each day, will do much to reduce tooth decay.

However, these measures alone cannot be guaranteed to stop the problem of caries (decay) altogether. This is because the chewing surfaces of your children's back teeth contain pits and fissures which are so narrow that even a toothbrush filament is too large to reach inside and clean thoroughly.

## What are pits and fissures?

Pits and fissures are the small cracks and crevices that extend down into the back teeth (known as molar and pre-molar teeth). Food particles and bacteria become lodged in them and can eventually cause decay. Even fluoride treatments, applied to teeth, which help protect the smooth sides, don't always protect these high risk chewing surfaces against decay.



## What is a pit and fissure sealant?

To minimise the risk of decay, the pits and fissures can be sealed. A pit and fissure sealant is a normally clear or tinted tough plastic coating painted onto the tooth surface.

## How does it work?

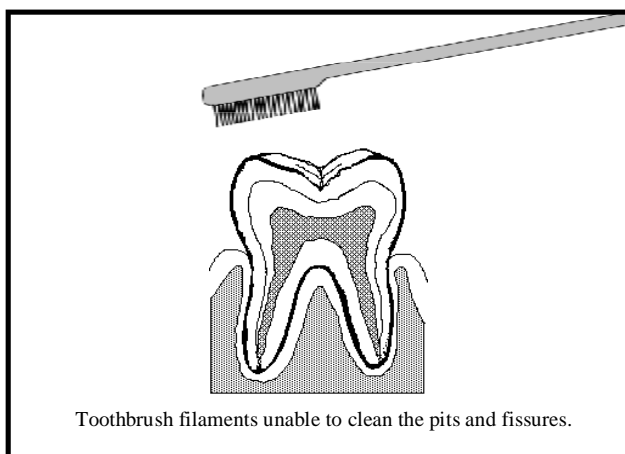
The sealant forms a protective coating on the tooth surface, sealing over the pits and fissures so preventing any food or bacteria getting in and attacking the tooth from the inside.

## How is it applied and how long does it take?

The back teeth are prepared by the dentist or hygienist to accept the sealant, so it will form a strong bond with the tooth and penetrate down into the fissure. The sealant is carefully applied onto the tooth in droplet form where it dries hard in 60 seconds. Sometimes a light is used to set the sealant. The whole procedure takes about 10 minutes.

## At what age is it best applied?

For complete protection it should be applied to each of the child's adult back teeth as they begin to



appear from around the age of 6, but sealants can be used effectively at any time during childhood and adolescence. Teeth may be sealed singly or all at once. Your dentist can advise you what will suit your child's teeth.

## How long does it last?

Occasionally the sealant may need to be reapplied, but once the child has reached adulthood no further application is necessary. Tests over many years have shown that fissure sealants greatly reduce the number of fillings needed by children.

## Does it hurt?

The procedure is totally pain free and only takes a few minutes for each tooth. When the sealant is in place it does not affect the normal chewing function of the teeth so the child will not even notice it is there.

## Do my children still have to clean their teeth?

Yes, good oral hygiene is still an absolute necessity. However, the smooth sealed surface is now easy to keep clean and healthy with normal

