

Fissure Sealant

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Fissure Sealant is a simple and highly effective method to prevent pit and fissure decay.

Pit and Fissure

A pit is a small depression in dental enamel while a fissure is a developmental line fault related to genetic factors. These pits and fissures can be deep or shallow.



Chewing surfaces of molars usually have more fissures and deeper pits

Potential hazard:

Pits and fissures are often so deep that it is difficult for the bristles of a toothbrush to remove the plaque deposits in the area

Possible consequence:

Pit and fissure decay

Effective preventive measure:

Applying Fissure Sealant

What is a Fissure Sealant?

The characteristics of Fissure Sealant:

- a kind of resin-based restorative material
- harden by light-curing
- transparent or tooth coloured
- tasteless

Treatment Procedure:



Acid etching the pit and fissure surfaces to prepare the enamel for bonding of the sealant



Applying fissure sealant



The sealant is then hardened with a curing light

Ideal properties of Fissure Sealant

Fissure Sealant can bond to the enamel tightly to provide a wall of defence which seals the pits and fissures. This helps to keep dental plaque away from the area and reduces the chance of pit and fissure decay.

Durability

With proper oral care habit, Fissure Sealant can last for many years without re-application.

Maintenance

Annual dental check up is recommended so that dentists or dental therapists who are under the dentists' supervision would examine the retention of the Fissure Sealant, and to re-apply if necessary. This could ensure the effectiveness of the sealant.

Who need Fissure Sealant?

Since Fissure Sealant is a preventive method used by dentists or dental therapists to prevent dental decay, it is recommended to be placed in teeth with deep pits and fissures which are prone to decay.

If you have teeth with deep and sound pits and fissures, you should discuss with your dentist whether you need to have Fissure Sealant on them in order to prevent decay.