

Birmingham Children's Hospital   
NHS Trust

Information Leaflet for young people

# Fissure Sealants

Produced February 2004

## What are fissure sealants?

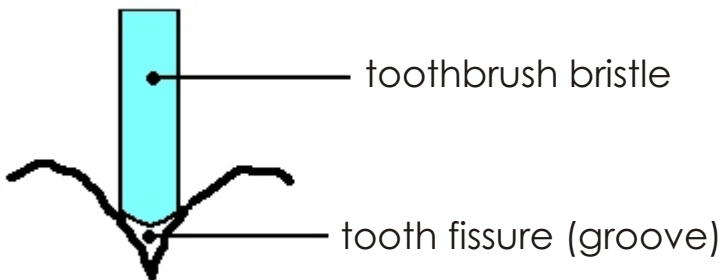
Fissure sealants are **white** plastic coatings that are painted onto the **biting surface** of the back teeth.

## What do they do?

They help to stop the biting surface of the tooth from getting a hole in it (decay).

## Why do I need fissure sealants?

Sugar from food and drink collects in the fissures (grooves) on the biting surfaces of your back teeth. You can't get rid of this sugar by brushing your teeth. This is because the bristles of your toothbrush are too wide to reach the bottom of the groove.

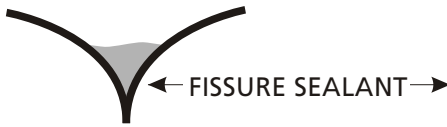


## Will it hurt?

Not at all. It is very quick and easy, about 5 minutes for each tooth. All you have to do is keep your mouth open nice and wide so the tooth can be kept dry.

## How are fissure sealants done?

- We polish your tooth with an electric toothbrush and usually some special orange flavoured toothpaste.
- We put cotton wool next to your tooth to keep it dry. Then we clean your tooth for 20-30 seconds using a blue jelly that is painted on with a tiny brush.
- The jelly is washed off using a water squirter. A little sucker takes the water and jelly away.
- We dry your tooth using an air jet.
- We paint the fissure sealant onto your tooth and it flows into the grooves.



- We shine a blue light on the fissure sealant for 30 seconds to make it hard. You can then eat and drink straight away!

## How long will the fissure sealant last?

As long as your tooth has been kept very dry whilst you are having your fissure sealant done, it should last for 2-5 years. If a sealant is worn down, or falls off, it can easily be done again.

## **Data Protection Act 1998**

We collect information about your treatment. We store it in written records and on computer. We may have to share that information with other people. If you have any questions or do not want us to share this information with other people, please talk to the people looking after you or ask to speak to the PALS Officer (Patient Advice and Liaison Service) on 0121 333 8403.

**Do you have any questions you would like to ask the Dental Hygienist or Dental Nurses?  
Write them down here so you remember**

## Who can I speak to if I am worried or have any questions?

If you want to find out more you can contact our Dental Hygienist, or any of our Dental nurses in the Dental Specialities Department,

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on **0121 333 9352**

You can also find information on the Internet. There is an Internet computer in the Child and Family Information Centre in the hospital. You can look for information yourself or you can ask the Information Officer to help you.

This leaflet was produced by the Dental Specialities Department

### **Reference:**

Photo of fissure sealant -

<http://www.enana.com/drali/kids/sealant.htm>