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Dental sealants

A dental sealant is a plastic material that a dentist applies to the chewing surfaces of a child's back teeth (premolars and molars).

Dental sealants are made of a plastic resin that bonds into the pits and fissures of the chewing surfaces on the back teeth, acting as a barrier to protect the enamel from plaque and acids.

Dental Sealants to Prevent Cavities

Dental sealants are very effective in helping to prevent cavities. Thorough brushing and flossing are the best ways to remove food particles and plaque from smooth surfaces of teeth. However, since toothbrush bristles cannot reach all the way into the depressions and grooves of back teeth to extract food and plaque, sealants protect these vulnerable areas by preventing harmful bacteria from building up in these areas.

Applying a dental sealant is a quick and easy process. First, the dentist will clean the teeth. Then the chewing surfaces are roughed up with an acidic solution to help the sealant adhere to the tooth. The

sealant is then 'painted' onto the tooth enamel, where it bonds directly to the tooth and hardens. Usually, a special curing light is used to help the sealant harden. This all takes place typically in one visit and is quick, easy, and painless. Sealants are also undetectable and can only be seen close-up and are rarely visible while talking.

Ask your dentist about fluoride treatment or fissure sealing.

Dental Sealants Benefits

The scheme provides fissure sealants benefits to all beneficiaries younger than 16 years. No authorisation is required.



This information is intended to promote understand and knowledge about general oral health teeth topics. It is not intended to replace professional advice, diagnosis, or treatment. Always ask your dentist or other qualified healthcare provider with any questions your may have regarding a medical condition or treatment.

