Fissure Sealants

Assess the patient's cooperation

Clean the teeth from debris

Isolate and dry teeth using cotton rolls and suction or dry guard

Rub in 37% phosphoric acid etch for 30 seconds

Rinse teeth with water for 30 seconds and dry

Replace wet cotton wool rolls

Apply resin fissure sealant up to 1/3 of the cuspal incline and include all pits and fissures

Light cure for 30 seconds

Wipe the sealant using a cotton pledget to remove unpleasant taste for children

Use a straight probe to check the integrity of the sealant, if it can be picked off it needs to be removed

Monitor sealants at subsequent visits, checking their integrity by running a straight probe over them. Continue to top-up and maintain sealants in high-risk patients

Usually carried out in permanent molars but can be carried out in premolars, pits of 2s and Es in high-risk individuals.

If poor cooperation or partially erupted teeth, attempt GIC sealants or prescribe high fluoride mouth rinse or toothpaste.

Methods:

- · Cotton pledget to wipe.
- · Toothbrush with no toothpaste.
- · Bristle brush with no prophy.
- · Straight probe gently in fissures.

Poorly placed sealants can lead to leakage and caries.