



Cambridge Dental Hub



Love Your Smile

1 Brooke House, Kingsley Walk, Newmarket Road, Cambridge, CB5 8TJ

Love Your Smile

01223363277

reception@cambridgedentalcare.co.uk

www.cambridgedentalhub.co.uk

Dr David Gilmartin, Dental Surgeon
Dr I-Chun (Mago) Peng, Dental Surgeon
Dr Jonathan Dixon, Dental Surgeon
Dr Etienne Deysel, Sedationist

Dr Gulelala Azhar, Dental Surgeon
Dr Konstantinos Tzamalass, Specialist Orthodontist
Dr Alvaro De Castro Torres, Dental Surgeon
Mrs. Nur Gilmartin, Dental Hygienist

Dr Jaime De Castro Torres, Dental Surgeon
Dr Casey Prawairadiraja, Dental Surgeon
Dr Monica Cueva Moya, Dental Surgeon
Miss Sam Singleton, Practice Manager

PIT AND FISSURE SEALANTS

What are sealants?

Sealants are a safe and painless way of protecting your teeth from decay. A sealant is a protective plastic coating, which is applied to the biting surfaces of the back teeth. The sealant forms a hard shield that keeps food and bacteria from getting into the tiny grooves in the teeth and causing decay.

Which teeth should be sealed?

Sealants are only applied to the back teeth – the molars and premolars. These are the teeth that have pits and fissures on their biting surfaces.



We will tell you which teeth should be sealed after they have examined them, and checked whether the fissures are deep enough for sealing to help.

Some teeth naturally form with deep grooves, which will need to be sealed, others with shallow ones which will not need sealing

What is involved?

The process is usually quick and straightforward taking only a few minutes per tooth.

The tooth is thoroughly cleaned, We then use OZONE to decontaminate fissure.

The tooth is then etc with a special solution, and dried.

The liquid sealant is then applied and allowed to set hard – usually by shining an ultraviolet light onto it.



Why do you use the OZONE?

OZONE is simply oxygen but instead of O₂ it is O₃ (100% oxygen) which is a natural and very effective killer of bacteria and this means that the sealant is placed onto an aseptic area.

This mean recurrent decay is prevented and so the sealant lasts longer. We are always striving to offer better treatments and Ozone + sealants is unsurpassed!!

Will the patient feel it?

No, it is totally pain free, and the teeth do not feel any different afterwards.



How long do they last?

Sealants usually last for many years, but we will want to check them regularly to make sure that the seal is still intact. They can wear over time, and sometimes the dentist needs to add or replace some sealant to be sure that no decay can start underneath them.

How do they work?

The sealant forms a smooth, protective barrier, by covering all the little grooves dips in the surface of the tooth.

Normally, and especially with either high sugar intake or poor plaque control, dental decay easily starts in these grooves.



and

Are all fissure Sealant treatments the same?

No!!!

The recent advances in materials and the bonding systems means that the modern sealants are much more durable and they do not leak.

Combined with the OZONE the treatment is simply the only way to seal the tooth surface without drilling and doing a filling.

What's the best time to have sealants?

Sealants are often applied as soon as the permanent teeth start to come through. This is usually between 6 and 7 years of age. The rest are usually sealed as soon as they appear which can be any time between 11 and 14 years of age.

However we now do a lot of sealants for adult patients where there is a high risk of decay or patients are anxious to make sure they do not get fillings

How much do Fissure Sealants cost?

It varies on the size of the tooth and the ease of access but as a guide fissure sealants are between £25 and £35 each without the Ozone

Where Ozone is used the cost is an extra £35 irrespective of the number of sealants provided.

Do you still have to clean your teeth?

Yes. It is still vital that they do this. The smooth, sealed surface is now much easier to keep clean and healthy with normal tooth brushing.

What else can I do to prevent decay?

1. Good Plaque Control
2. Reduce the amount and frequency of refined sugar
3. Fluoridated tooth paste
4. Regular and frequent Dental Hygienist appointments

We strongly recommend the use of a highly fluoridated toothpaste will help to protect your teeth.



also

Pit and fissure sealing has been shown in loads of studies to reduce tooth decay and the number of fillings you need

Whom do I ask about the treatment?

If you would like to know more about the treatment, ask your dentist or hygienist. They will tell you if fissure sealing will help your children's teeth, and if it is the right time to do it.