

Pit and fissure sealants checklist

Awareness

	Children are not always able to clean their teeth properly with a normal toothbrush.
	Pit and fissure sealants may make it easier for your child to clean their teeth properly, especially if they have deep and narrow pits and grooves in their teeth.
	Dentists may recommend sealants for your child even if they brush and floss their teeth regularly.

Determining whether your child will benefit from fissure sealants

	Be aware of risk factors for tooth decay, such as having previously had dental cavities and drinking water which does not contain fluoride (e.g. bottled mineral water rather than fluoridated tap water).
	Take your child to the dentist as soon as their adult teeth emerge through the gums- if they do need fissure sealants, this is the best time to place them.
	Fissure sealants cannot be put in place until the adult teeth have broken through the gums.
	Don't be concerned about teeth decaying under a fissure sealant- if a tooth has already started to decay, placing the fissure seal will slow down the decaying process.
	Talk to your dentist for more advice about whether fissure sealants are appropriate for your child.

Choosing a fissure sealant

	Talk to your dentist about the benefits and disadvantages of different types of fissure sealants.
	If your child needs a sealant, choose the type of sealant which you think is best for your child's teeth.

Applying fissure sealants

	Ensure your child brushes their teeth thoroughly before going to the dentist to have fissure seals applied.
	Continue taking your child for regular dental check-ups (every 6-12 months) once the sealants have been put in.

Other dental hygiene measures

	Remember that fissure sealants are not a magic solution to tooth decay.
	Ensure that your child continues to brush and floss regularly once their fissure sealants have been put in place.
	Ensure your children avoid foods which promote tooth decay such as sweets and sugary drinks.

For more information, visit <http://www.parenthub.com.au/preschool/child-health-sealing-pits-in-your-childs-teeth/>