

Pit and Fissure Sealants



The top surfaces of your molars are not normally smooth and flat. They have indentations and grooves called pits and fissures. Pits and fissures are places where plaque can hide, safe and sound, from your toothbrush. If the plaque is not consistently removed, over time, it can cause cavities. We can painlessly apply a special varnish to the pits and fissures called a “sealant” that removes these hiding places and allows plaque to be consistently removed during brushing.

To apply a sealant, we clean the surface of the tooth and apply a mild acid solution to etch the pits and fissures. The acid solution helps the sealant bond to the tooth. We thoroughly rinse the acid from the tooth with water and thoroughly air-dry the tooth. The tooth is now ready for us to apply the sealant. The sealant is the consistency of a runny Elmer’s glue. We work it into the pits and fissures, then, we cure it with a special lamp that hardens it. The whole procedure is quick and painless and helps provide a surface that can be consistently cleaned with a toothbrush and helps prevent the accumulation of plaque and the formation of cavities.

We recommend sealant placement on newly erupted molars in children and adolescents, but some adults can benefit from pit and fissure sealants too.