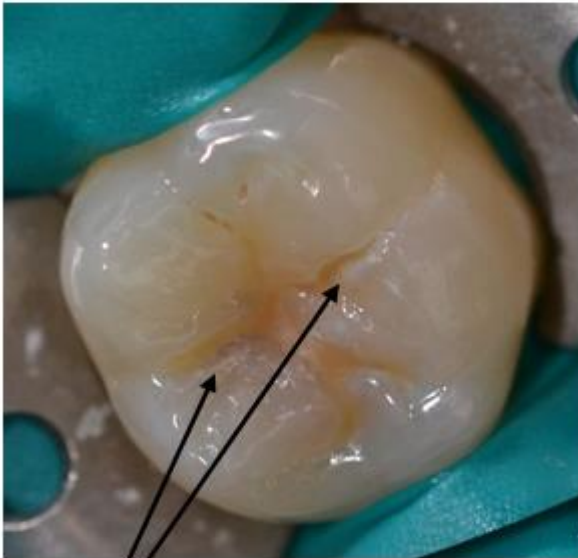


Pit and Fissure Sealant

An easy way to protect your child's teeth

Sealants are a preventive dental treatment. A coating is applied to the chewing surfaces of the back teeth to help prevent cavities.



Pit and fissures are grooves on the chewing surfaces of the back teeth



A sealant is applied to chewing surface of molars

What is a pit and fissure sealant?

- Sealants act as barriers to protect the tooth enamel by keeping germs and food out of pits and fissures
- They are easily painted onto the tooth and require no drilling or freezing
- Sealants are effective in preventing decay in teeth with deep pits and fissures
- They can last for several years

When is the best time to get sealants?

- Children between 5 and 7 years of age (after first permanent molar appears)
- Children between 11 and 14 years of age (after second permanent molar appears)

**Need more information? Talk to your dentist or dental hygienist,
or call Ottawa Public Health at 613-580-6744.**