

Sealants & Fillings

*"Every time you smile at someone, it is an action of love, a gift to that person, a beautiful thing."
-Mother Theresa*

What is a Sealant-Filling?

- Sealants and Fillings are resin-based white materials used to fill the deep grooves in molars in bicuspids.
- Back teeth (molars and bicuspids) have deep grooves which collect food and bacteria that cause decay and cavities.

What is the difference between sealants and fillings?

We use both sealants and fillings to work on two different types of tissue in a tooth. Enamel is the hardest tissue in our bodies. Dentin is six times softer and more porous than enamel and is found under enamel.

Sealants (moderately strong) – Used to treat decay in enamel.

Filling (very strong) – Used to treat decay in dentin.

How is decay treated?

A sealant/filling is placed in the deep grooves of your back teeth to help prevent decay from invading the tooth.

1. The deep grooves of a tooth area are cleaned to ensure that there is no decay or bacteria present.
2. The tooth is cleansed in a special anti-bacterial solution.
3. The grooves are sealed with a strong filling material that can withstand the pressure that back teeth exert on each other, and will last for years.

Why do we need sealants/fillings?

- Prevent problems before they occur!
- If teeth are not sealed and filled early, they are more susceptible to decay.
- Deep grooves are hard/impossible to clean, which can lead to decay.
- Protecting teeth helps fight common cultural risk factors that cause decay (energy drinks, soda, coffee, sugar, stress)

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"Protecting teeth from bacteria improves dental health for a lifetime."