

What is a sealant?

It is a plastic material (resin) applied to the chewing surfaces of the back teeth — the premolars and molars. The resin bonds to the depressions and grooves (called pits and fissures) in the back teeth. A sealant is a barrier that protects tooth enamel from plaque and acids.



A single toothbrush bristle is too large to reach inside and clean the groove on this tooth.

Why are sealants necessary?

The back teeth have uneven pits and fissures that are difficult to keep clean because toothbrush bristles cannot reach into them. The pits and fissures hold plaque and food debris. Most tooth decay occurs in these hard-to-clean grooves. Sealants form a thin covering to keep out plaque and debris and decrease the risk of decay.