



Information  
for  
teachers

## Fissure Sealant and Fluoride Varnish Program

This program is an evidence based program that will help prevent tooth decay in Tasmanian children aged around 6 and 12 years.

Strong evidence shows that:

- **Fissure sealants** can help prevent and reduce tooth decay on the biting surfaces of the back (adult) permanent teeth.
- **Fluoride varnish** can prevent tooth decay and strengthen both the baby and the adult teeth.

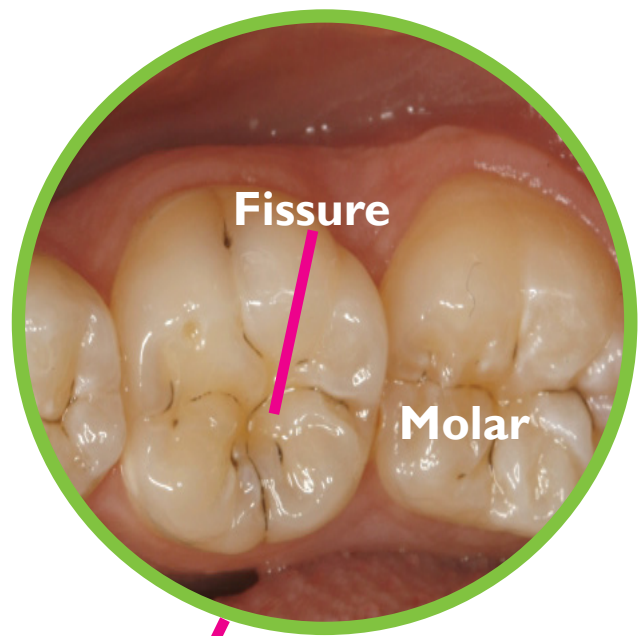
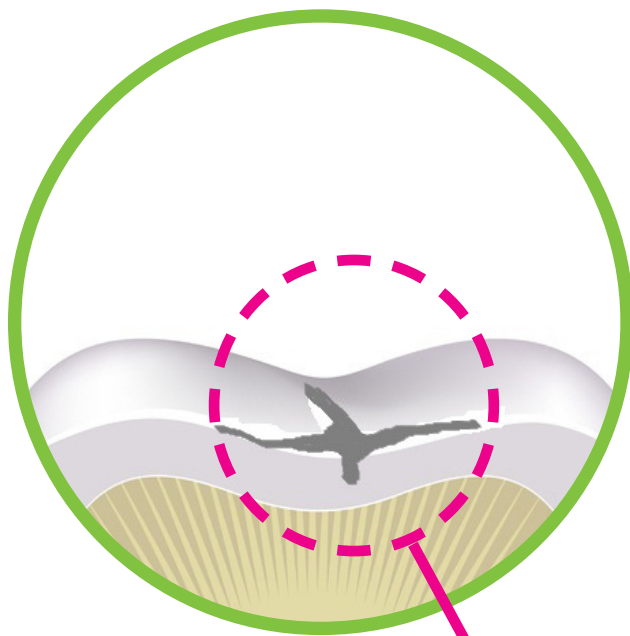
Fissure Sealants  
protect the chewing  
surface of the back  
adult (permanent)  
molars



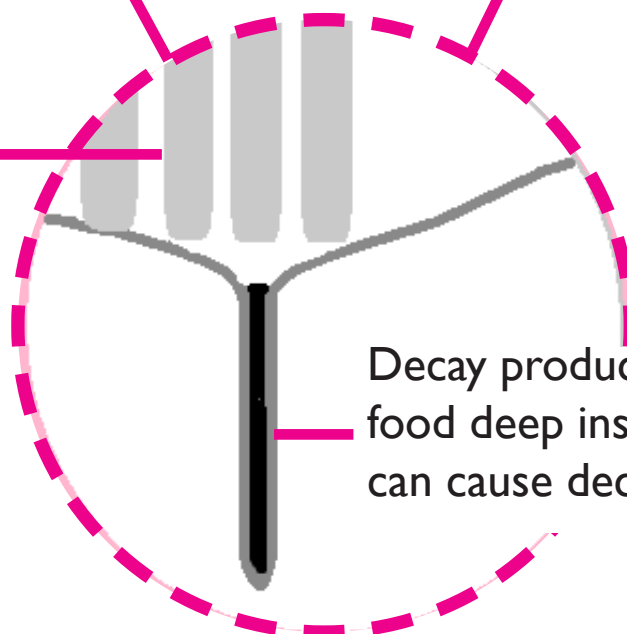
Fluoride varnish  
strengthens the smooth  
surfaces of both the  
baby and adult teeth.

# What is a fissure?

- Fissures are the grooves on the biting surface of the back molar teeth.
- These back teeth are called molars.
- These molars erupt at around 6 years and 12 years of age.



Toothbrush bristles can't clean into the deep grooves or fissures to remove the decay producing germs and food



Decay producing germs and food deep inside the grooves can cause decay

# What are fissure sealants?

## Fissure sealants:

- Are protective thin coatings that are painted onto the biting surface of the back adult molar teeth.
- Help protect the adult (permanent) 6 year and 12 year old molars from decay if they are applied soon after the teeth appear in the mouth.
- Make the teeth easier to clean.
- Can last for many years.
- Will be checked at regular dental visits.



# What about fluoride varnish?

## Fluoride Varnish:

- Is quick and easy to apply.
- Sticks to the tooth for many hours and the concentration of fluoride helps strengthen the tooth surface.
- Is well accepted by children.

***After the application of the fluoride varnish children will be asked not to eat or drink for at least 60 minutes***



## Easy, painless and preventive

Sometimes, fissure sealants or fluoride varnish are not always suitable for some children - the dental professional will make this decision at the time of the program appointment.

For more information about fissure sealants and fluoride varnish go to: [www.dhhs.tas.gov.au/oralhealth](http://www.dhhs.tas.gov.au/oralhealth) and click on the link to fissure sealant program from the menu.