



PUSAT PERGIGIAN U  
 优牙科中心  
 U DENTAL CENTER



**Best Present to Your Child !**  
**Protect Their Teeth With**  
**Fissure Sealant**  
*Make a good foundation for healthy teeth for your loved ones*

### What Is Fissure Sealant

Fissure sealant is dental filling material put on the biting surface to protect the back teeth.

- Advantages:
- \* Protective coating on high risk area of the teeth
  - \* No drilling is necessary
  - \* Pain free: No drilling nor injection
  - \* Duration is short
  - \* Easy for the child or frightened adult to get used to dental treatment



### Best Time to Place Fissure Sealant



Fissure sealant is recommended for children from 6-8 years old. At this time, children's permanent teeth have just grown, and the depth of the fissure is deep. The food eaten will stuck easily and causes tooth decay, so fissure sealant should be done in time to give protection. "Six-year-teeth" are the first permanent molars and their chewing function are the best. If the teeth are not protected properly, they will decay and even exfoliate too early. Therefore, protecting the first permanent molars is very important. However, the children still need to brush their teeth after fissure sealant and go for examination regularly. Fissure sealant should be done again if the sealant fall off. It is also good for adult that afraid of dental drill. Fissure sealant will reduce food stagnation on the biting surface, and the biting surface is easier to clean.



**No Drill !**

### The Process of Fissure Sealant



Taman U \* Bukit Indah \* Taman Sentosa \* UDA/Tampoi \*  
 Taman Molek \* Mount Austin \* Masai/Seri Alam \*  
 U Dental Specialist Clinic / Klinik Pakar Pergigian U @ Bukit Indah



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# Topical Fluoride Best Present to Your Child



Fluoride is commercially added into the drinking water, tooth paste and mouth rinse to strengthen the teeth. However, the low concentration fluoride (1 part per million in drinking water) is not enough, especially for high decay risk persons such as:

- i) unable to clean teeth properly eg young children from 3 to 4 years old, braces treatment
- ii) high acidic eating and drinking habit eg carbonated drink
- iii) weak teeth eg rough or chalky surfaces



Fluoride can be applied to the surface of the teeth for only 2-4 minutes to harden surface of the teeth. The teeth are more resistant to the acid produced by the bacteria in the mouth.

High concentration (up to 12000ppm) fluoride gel or foam can be applied on the surface of the teeth. The process should be done by a licensed dentist, normally after regular cleaning of teeth. After fluoride application, the patient needs to rinse off the gel/foam, and spit of saliva for half an hour. Eating or drinking is allowed after that.



**Strengthen Teeth**  
 Strengthen the teeth to prevent decalcification.

**Reduce Tooth Decay**  
 Teeth strengthened with fluoride are more resistant to decay and reduce the cost of complex treatments.

**Reduce Sensitivity**  
 Root hardened with fluoride can reduce dentin hypersensitivity.

