

MONTHLY NEWSLETTER

PIT AND FISSURE SEALANTS A SMART STEP TOWARDS CAVITY-FREE TEETH

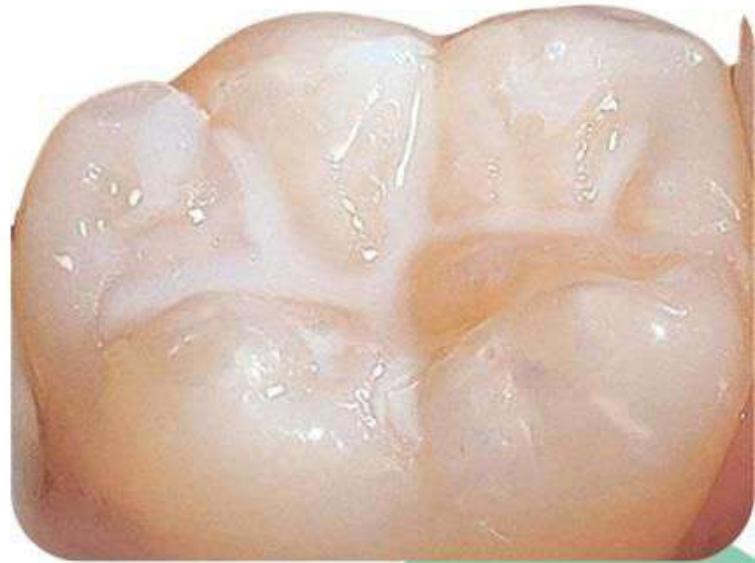
Tooth decay is one of the most common dental issues in children and young adults. Even with regular brushing and good oral hygiene, the back teeth (molars and premolars) are more prone to cavities. Why? Because they have deep grooves (fissures) and tiny pits on their chewing surfaces.

These grooves can be so narrow that even a toothbrush bristle cannot reach inside to clean them. As a result, food particles and bacteria settle there, slowly causing cavities.

This is where **Pit and Fissure Sealants** come to the rescue

WHAT EXACTLY ARE SEALANTS?

Sealants are *thin, tooth-colored or transparent protective coatings* made of dental resin. They are painted onto the chewing surfaces of the back teeth. Once applied, they fill in the grooves and form a smooth surface, making it harder for food and bacteria to stay trapped.



Think of them as a *‘raincoat’ for your teeth – they provide a protective layer that keeps decay away

WHY SEALANTS ARE IMPORTANT?

- **Preventive Shield:** They stop cavities before they even start.
- **Highly Effective:** Studies show they can reduce tooth decay by up to 80% in the first 2 years.
- **Comfortable:** The procedure is quick, painless, and does not require drilling or anesthesia.
- **Long-Lasting Protection:** With regular dental check-ups, sealants can last for several years.
- **Money-Saving:** Preventing decay early avoids costly treatments like fillings, root canals, or crowns later.



WHO BENEFITS MOST?



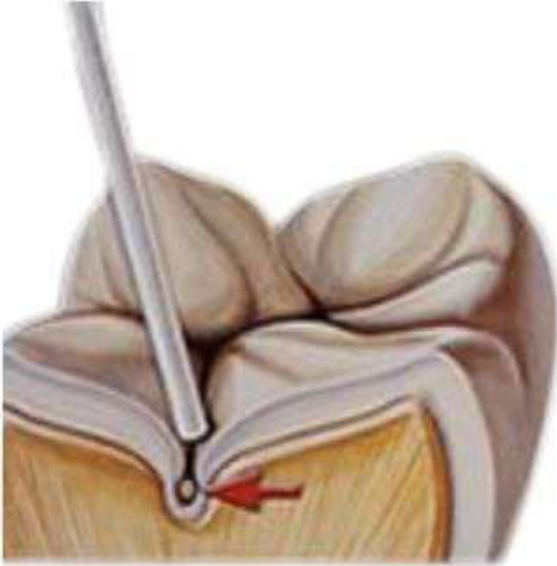
- **Children (6–14 years):** The best time is soon after permanent molars erupt (around ages 6 and 12).
- **Teenagers:** Especially if they are prone to cavities.
- **Adults:** Even grown-ups with cavity-free molars and deep grooves can benefit.

Sealants are especially useful for children who may not always brush properly or who have a sweet diet.



THE STEP-BY-STEP PROCESS

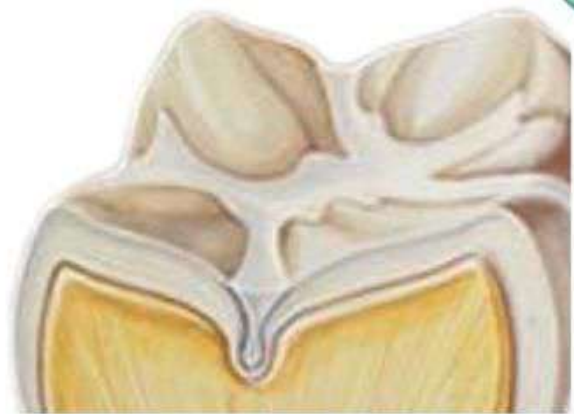
1. PREPARATION



2. CONDITIONING & APPLICATION



3. CURING



4. FINAL CHECK



Sealants are one of the simplest and most effective ways to prevent tooth decay before it begins. They are safe, painless, and strongly recommended for children as soon as their permanent molars appear.

At **Srinivasa Multispeciality Dental Hospital, Kakinada**, we believe prevention is better than cure. Sealants are a smart investment in your child's healthy, confident smile.

BOOK YOUR APPOINTMENT TODAY!



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Srinivasa Multi-speciality Dental Hospital, Kakinada

