

**Guardians of the Grooves**  
**Protectors of the Pits**  
The story of fissure sealants

# Mia gets her tooth sealed

An adventure in prevention



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Yes! Dr Smile said this was a simple way to fix your tooth!

Mia is coming back to the dentist to get her back tooth sealed.



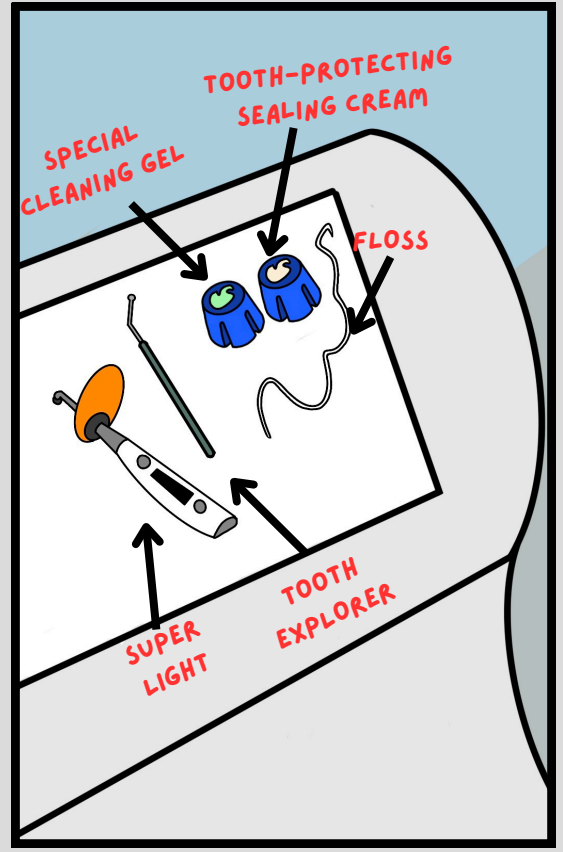
Mia meets the dentist, Dr Smile. Dr Smile helps to keep teeth strong and healthy.



Mia sits still in the big chair so Dr Smile can see her teeth.



**This is a great question! Dr Smile takes a few minutes to show Mia what dental tools she will use.**



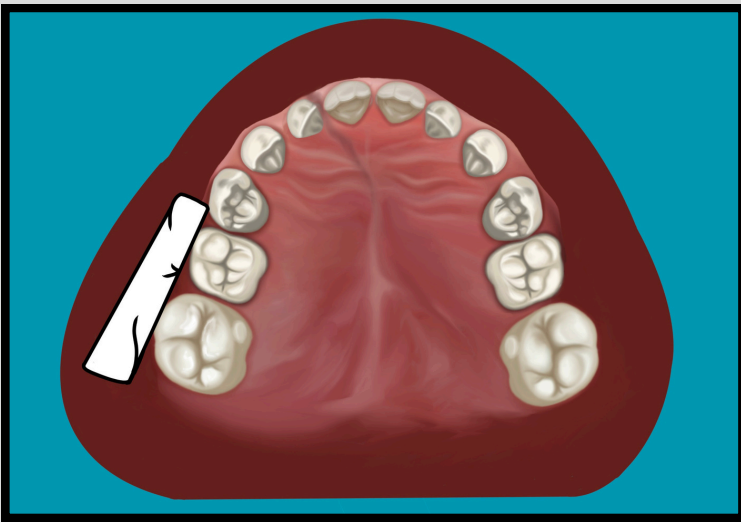
**Dr Smile's Dental Tools**



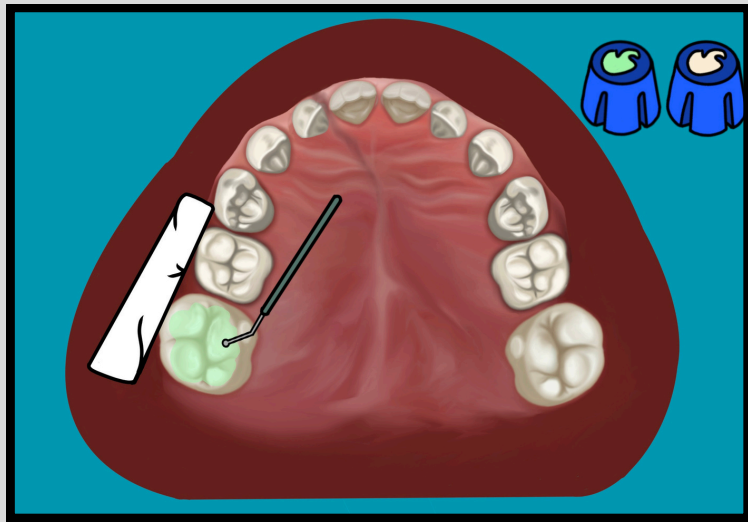
**Dr Smile, what happens in my mouth during a fissure sealant?**

**Let's go through it step by step together!**

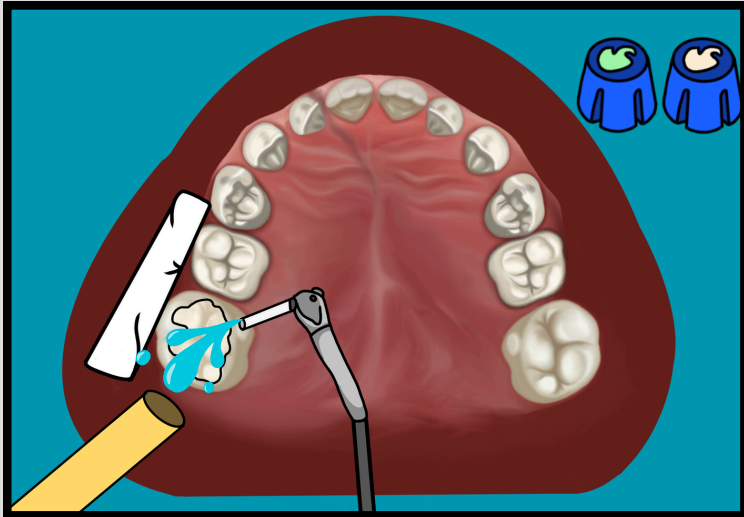
**Fissure Sealants smooth out the deep pits and grooves on the surfaces of our teeth. They make teeth easier to clean, making it harder for food and bugs to stick!**



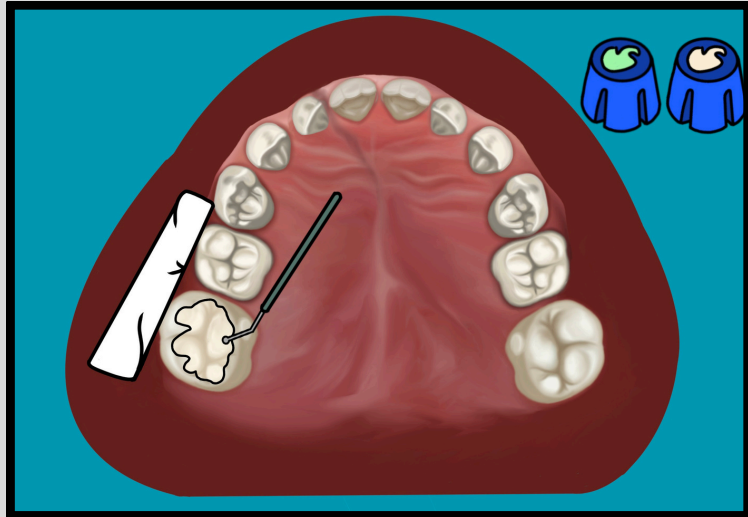
**We will use some soft cotton wool rolls to keep the tooth nice and dry.**



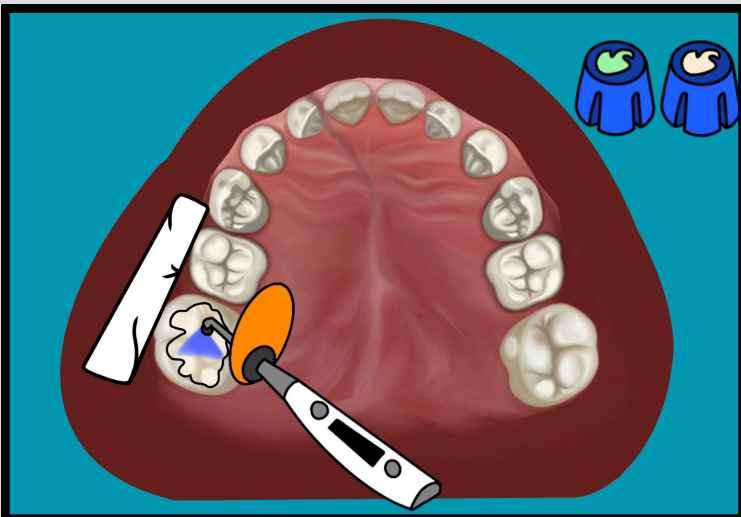
**The special green gel is used to clean the tooth. It helps the protective sealing cream to stick.**



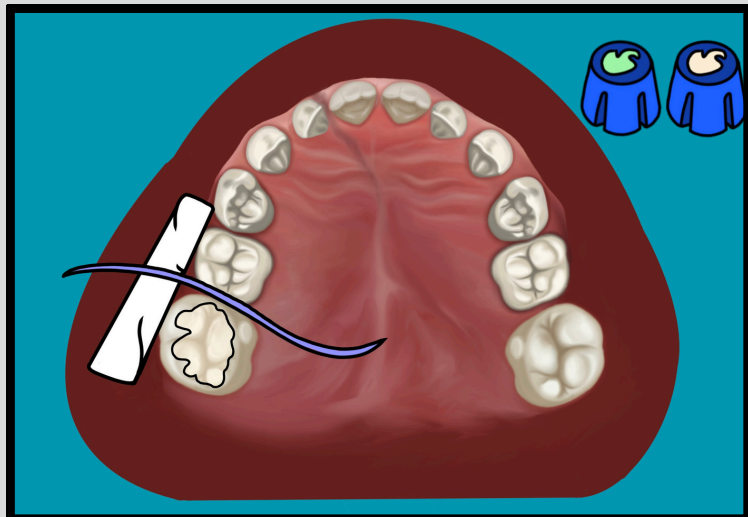
**We will then wash the gel off and dry the tooth with Dr Smile's air and water. The tooth is ready to be sealed.**



**A little of the cream is placed into the deep pits of the tooth using the tooth explorer. This makes the tooth stronger!**

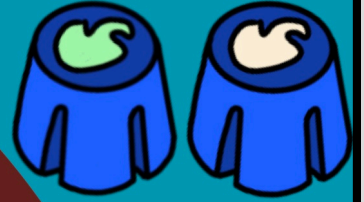


**Time for the super blue light! This will make the protective cream stick.**



**Finally, we will then check your tooth with a little bit of floss.**

ALL DONE. THAT WAS QUICK!



WOW. That was so fast and my teeth feel so smooth!

How can I keep my teeth healthy?

A well deserved sticker for you Mia!

There are a few things you can do to keep your teeth healthy! Lets look at this together



# Top Tips for a Healthy Mouth

Sugary foods and drinks stuck to our teeth can lead to dental decay. This can grow and become holes if we don't stop it. However, there are simple things we can do to keep our mouths healthy and happy



Try and have as little sugary snacks and drinks as possible. Our teeth should have a maximum of 4 sugar hits a day, with 3 of these being breakfast, lunch and dinner.



Other snacks you can try; breadsticks, carrots, fresh fruit and low-fat cheese.



If you are having a sugary treat, make sure to do so just after meals.

Watch out for hidden sugars, like fruit juice and soya milk!

Between eating, drink only water or cow's milk.

Only drink water after you brush your teeth at night, just don't rinse off all of your toothpaste!



Make sure you come to the dentist regularly for checkups! You and your dentist can then make a plan to keep your mouth nice and healthy.



