1. The tooth and all of the pits and grooves are cleaned thoroughly.

2. The tooth is dried with air. Cotton is put around the tooth to keep it dry.

3. A solution is put on the tooth to make the sealant stick better.

4. The sealant is applied to the tooth. It flows into the pits and grooves.

5. A special light is used to quickly harden the sealant.

6. The new sealant will help to protect the tooth from decay for many years.