

# Sealants and Preventive Resin Restorations

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[➔ Instructions for Use](#)

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## Related Dental Policies

- [Prefabricated Crowns](#)
- [Single Tooth Direct Restorations](#)

## Coverage Rationale

### Sealants

**Sealants** are indicated for the following:

- Caries prevention in pit and fissures on permanent molars
- Non-cavitated carious lesions
- Caries prevention in primary molars that are expected to have a reasonable period of retention

**Sealants are not indicated for the following:**

- In the presence of rampant caries and multiple interproximal lesions
- Extrinsic staining of pits and fissures
- For cavitated carious lesions

### Preventive Resin Restoration (PRR)

Preventive **Resin** restorations may be indicated for the restoration of pit and fissures carious lesions contained to enamel in moderate to high caries risk individuals.

**Preventive Resin restorations are not indicated for the following:**

- When no caries is evident in pits and fissures
- When a sealant is clinically indicated
- For carious lesions that extend into dentin

### Clinical Practice Guidelines

In a 2016 joint evidence based clinical practice guideline, the American Dental Association (ADA) and the American Academy of Pediatric Dentistry (AAPD) recommend the use of Sealants compared with nonuse or fluoride varnish in permanent and primary molars. Additionally, sealants could minimize the progression of non cavitated lesions. (Wright et al., 2016).

In a 2018 evidence based clinical practice guideline on non-restorative treatments for carious lesions, the ADA recommended sealants as an effective intervention to arrest or reverse noncavitated carious lesions on occlusal surfaces of primary and permanent teeth. The expert panel recommends clinicians prioritize the use of Sealants plus 5% NaF varnish (application every 3-6 months) or Sealants alone over 5% NaF varnish alone (Slayton et al., 2018).

## Definitions

**Composite:** A dental restorative material made up of disparate or separate parts (e.g., resin and quartz particles). (ADA)

**Resin, Acrylic:** Resinous material of the various esters of acrylic acid, used as a denture base material, for trays or for other restorations. (ADA)

**Sealant:** A resinous material designed to be applied to the occlusal surfaces of posterior teeth to prevent occlusal caries. (ADA)

## Applicable Codes

The following list(s) of procedure and/or diagnosis codes is provided for reference purposes only and may not be all inclusive. Listing of a code in this guideline does not imply that the service described by the code is a covered or non-covered health service. Benefit coverage for health services is determined by the member specific benefit plan document and applicable laws that may require coverage for a specific service. The inclusion of a code does not imply any right to reimbursement or guarantee claim payment. Other Policies and Guidelines may apply.

CDT Code	Description
D1351	Sealant – per tooth
D1352	Preventive resin restoration in a moderate to high caries risk patient – permanent tooth
D1353	Sealant repair – per tooth

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## Description of Services

Dental Sealants are a thin protective coating that fills in the grooves of back teeth and prevents bacteria and food particles from being trapped and causing decay. Sealants can also prevent the progression of incipient carious lesions. Teeth are isolated from saliva contamination, cleaned and prepared with a mild acid solution to aid in adherence. The tooth is then dried and the sealant material is applied and either cured with a light, or self-cures. Preventive resin restorations are fillings that also provide a protective barrier to the deep grooves when there is early decay present that has not extended into the dentin

## References

American Dental Association (ADA) CDT Codebook 2023.

American Dental Association (ADA). Glossary of Dental Clinical and Administrative Terms.

Azarpazhooh A, Main PA. Pit and fissure Sealants in the prevention of dental caries in children and adolescents: a systematic review. J Can Dent Assoc. 2008 Mar;74(2):171-7.

Deery C. Clinical Practice Guidelines Proposed the Use of Pit and Fissure Sealants to Prevent and Arrest Noncavitated Carious Lesions. J Evid Based Dent Pract. 2017 Mar;17(1):48-50.

Ritter A, Walter R, Roberson T, Sturdevant's Art and Science of Operative Dentistry, 7th ed. St. Louis: Mosby c2019. Chapter 8, Clinical Technique for Direct Composite Resin and Glass Ionomer Restorations; p.219-263.

Sanders, Brian. McDonald and Avery's Dentistry for the Child and Adolescent. 11th edition. St. Louis: Elsevier. c2022. Chapter 11, Pit-and-Fissure Sealants and Preventive Resin Restorations; p.219-226.

Slayton RL, Urquhart O, Araujo MWB, et al. Evidence-based clinical practice guideline on nonrestorative treatments for carious lesions: A report from the American Dental Association. J Am Dent Assoc. 2018 Oct;149(10):837-849.

Wright JT, Crall JJ, Fontana M, et al. Evidence-based clinical practice guideline for the use of pit-and-fissure sealants: A report of the American Dental Association and the American Academy of Pediatric Dentistry. J Am Dent Assoc. 2016 Aug;147(8):672-682.e12.

## Guideline History/Revision Information

Date	Summary of Changes
02/01/2024	<b>Template Update</b> <ul style="list-style-type: none"><li>Updated <i>Instructions for Use</i> to clarify this policy applies to both Commercial and Medicare Advantage plans</li></ul>
08/01/2023	<b>Coverage Rationale</b> <ul style="list-style-type: none"><li>Removed content addressing coverage limitations and exclusions</li></ul> <b>Definitions</b> <ul style="list-style-type: none"><li>Removed definition of “Preventive Dentistry”</li></ul> <b>Supporting Information</b> <ul style="list-style-type: none"><li>Updated <i>Description of Services</i> and <i>References</i> sections to reflect the most current information</li><li>Archived previous policy version DCG026.07</li></ul>

## Instructions for Use

This Dental Coverage Guideline provides assistance in interpreting UnitedHealthcare standard and Medicare Advantage dental plans. When deciding coverage, the member specific benefit plan document must be referenced as the terms of the member specific benefit plan may differ from the standard dental plan. In the event of a conflict, the member specific benefit plan document governs. Before using this guideline, please check the member specific benefit plan document and any applicable federal or state mandates. UnitedHealthcare reserves the right to modify its Policies and Guidelines as necessary. This Dental Coverage Guideline is provided for informational purposes. It does not constitute medical advice.