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Post-Operative Instructions for *Sealants*

Today we placed sealants on your child's teeth and took a big step forward to prevent cavities. Placed into the pits and fissures, sealants are a protective coating that help to prevent bacteria and plaque from making their home on the chewing surfaces of teeth. And as a result, sealants help to prevent the formation of dental cavities on the biting surfaces of teeth.

In order to ensure the success and longevity of the sealants placed on your child's teeth, we request that you please follow these instructions:

1. Your child may eat and drink right away however we recommend a [soft diet](#) for the remainder of the day as the material further hardens.
2. Your child may express that his/her bite "feels different." This is normal and will subside as any excess material wears away.
3. As sealants are only adhesively hardened to your child's teeth, sticky, chewy and crunchy/hard foods can fracture and remove the sealant from the tooth. Thus it is important to **avoid** foods such as [fruit snacks](#), [chewing gum](#), [lollipops](#), [taffy](#), [caramel](#), [nuts](#), [potato chips](#), [popcorn](#) and [ice etc.](#)
4. As sealants cannot protect the areas between the teeth, good oral hygiene and nutrition at home are imperative to prevent cavities beneath or next to the sealants and also between the teeth. Thus [brushing twice per day](#) and [flossing daily](#) is still necessary.
5. Sealants tend to last from two to five years with proper maintenance. As you visit our office, we will routinely check the health and integrity of your sealant and are happy to replace/repair any that require intervention. Sealants placed today are guaranteed by our office for [2 years](#) *if your child attends his/her regular check-up and cleaning appointment every 6 months.*

If you have any questions/concerns, please call the office at [571-799-0559](tel:571-799-0559).