



## SEALANTS POSTOPERATIVE INSTRUCTIONS

Your child has had one or more sealants placed at their treatment appointment today. Sealants are a plastic resin that is flowed into and bonded to the natural grooves that occur on the chewing surfaces of the back primary and permanent teeth. Sealing the grooves of a back tooth is a procedure to prevent dental decay from occurring in the pits and fissures in the chewing surface of a back tooth. Placement of resin-based sealants in children and adolescents have shown a reduction of caries incidence of 86% after 1 year and 58% after 4 years

**Postoperative information:** No numbing is needed for sealants, and the sealant is fully hardened at the time of placement. Your child may eat and drink normally after their sealant appointment. However, sometimes sealants are done in conjunction with treatment that does need numbing. Please be sure to monitor your child if they have been numbed for treatment so they do not bite their lip or tongue.

**Future care:** Sealants do not protect the smooth surfaces of teeth including the surfaces between teeth. Flossing is the only way to clean between the teeth and to prevent tooth decay between teeth. In order to give your child's sealant the longest possible life span, please have your child avoid the following foods: ice or ice cubes, hard candies, taffy, caramels, and jaw breakers. Your child's sealants will be evaluated at each re-care visit to make sure that they are intact and in no need of repair.

If you have any questions or concerns about sealants, please do not hesitate to ask us.