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After-Visit Guide: Dental Sealants

Your child received sealants to help protect the grooves of the teeth from cavities. Here is how to care for them at home.

1 Eating & Drinking

- Resin-based sealants: These are usually hardened with a curing light; normal eating can generally resume after the visit unless the dentist says otherwise.
- Glass-ionomer sealants: Follow the dentist's instructions while the material finishes setting; softer foods and avoiding hard or sticky foods for the first 24-48 hours may be recommended.
- All sealants: Avoid chewing ice, hard candy and other very hard objects that may damage the tooth or sealant.

2 What Your Child Might Feel

- A new feeling: The treated tooth may feel a little different at first. This commonly settles as your child gets used to the sealant.
- Bite discomfort: Call if your child feels that one tooth hits first, chewing hurts, or the bite does not feel right. Do not wait several days if discomfort is significant.

3 Everyday Care

- Brush and floss: Brush twice a day with fluoride toothpaste and floss daily. Sealants do not replace brushing or flossing.
- Healthy snacks: Choose water between meals and limit frequent sugary or sticky snacks.
- Checkups: Keep routine appointments. We will check that the sealants are intact and repair or replace them when needed.

When to contact our office

Call (510) 964-0168 if the bite feels high, a sealant seems chipped or missing, the tooth becomes painful or sensitive, or you have any concerns.

Follow your treating dentist's instructions if they differ from this general guide.