



Care of Sealants

Your child has just had a preventative service performed called sealants. By forming a thin covering over the pits and fissures, sealants keep out plaque and food, thus decreasing the risk of decay. Since, the covering is only over the biting surface of the tooth, areas on the side and between teeth cannot be coated with the sealant. Good oral hygiene and nutrition are still very important in preventing decay next to these sealants or in areas unable to be covered.

To help your sealants last, please have your child refrain from the following:

1. Excessive gum chewing
2. Chewing ice or hard candy
3. Eating sticky snacks or candies
4. Clenching or grinding teeth.

At your child's recall appointment we check the condition of the sealants. We will be happy to replace or touch up sealants if needed for three years.