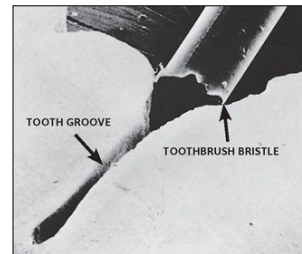


SEALANT POST OP INSTRUCTIONS

Information:

- “Pits and fissures” or grooves are one of the most common places in the mouth to find cavities because they trap bacteria and food bits. Many of these areas are impossible to clean because toothbrush bristles cannot reach into them.
- Sealants flow into the groove, sealing out food and bacteria from the deepest portions of the grooves of teeth (much like caulk would in your shower).
- It is important to know that sealants do NOT prevent cavities between teeth or on the smooth surfaces of teeth.
- Studies have shown that sealants reduce the risk of cavities in the pits and fissures by up to 80% in 2 years and 70% up to 5 years.



Care instructions:

The sealants that have been applied to your teeth may leave a sour taste in your mouth. This will quickly disappear. You may eat or drink immediately after placement.

You will feel the sealant on your teeth at first. Gradually the sealant will wear away from the high points of your teeth and stay in the pits and grooves. This will prevent food impaction that could lead to cavities.

Always avoid chewing very hard and crunchy foods, ice cubes and jaw breakers. This may cause the sealant to chip or break off of the teeth exposing the grooves to cavity causing bacteria.

Routine brushing and flossing are still necessary to prevent cavities. Placement of a sealant does not guarantee that your teeth will not get a cavity.

Sealants can remain in place for many years if they receive proper care. If a sealant is lost, it can be easily replaced. We will check the sealants at every 6 month recare appointment and replace them when needed.