



Delaware Smile Center

Family Dentistry & Orthodontics

Dental Sealant Instructions

A preventative sealant has been placed on one or more of your child's teeth in order to prevent cavities on the chewing surface of their back teeth. Sealants do not protect the four other surfaces of each tooth. Routine brushing and flossing are still important and necessary to prevent cavities. We ask you to follow these recommendations after leaving the office:

- Avoid chewing on ice cubes, sticky, crunchy foods and/or candy. A sealant may chip or break if eating these foods as noted above, especially just after placement.
- The sealant may feel a bit high when biting down. This feeling is normal and will gradually disappear.
- You may rinse with water and eat immediately after sealant placement.
- Sealants may leave a sour taste in your mouth. This will disappear.
- Sealants can remain in place for many years if they are cared for properly.
- We will check your child's sealants at their routine checkups. If you have any questions feel free to call the office.