

Post-Operative Instructions for Sealants

We hope your experience at Happy Smiles Family Dentistry has been a pleasant one! Please read these instructions carefully to help with the healing process and ensure the procedure's success.

By forming a thin covering over the pits and fissures of a tooth, 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.

The American Dental Association recognizes that sealants can play an important role in the prevention of tooth decay. When properly applied and maintained, they can successfully protect the chewing surfaces of your child's teeth. A total prevention program includes regular visits to the dentist, the use of fluoride, daily brushing and flossing, and limiting the number of times sugar-rich foods are eaten. If these measures are followed and sealants are used on the child's teeth, the risk of decay can be reduced or may even be eliminated.

Your child should refrain from eating ice or hard candy, which tend to fracture the sealant. Regular dental appointments are recommended in order for the dentist to be certain the sealants remain in place.