



Sealants

1. The sealants that we have applied to your teeth may leave a sour taste in your mouth. You may rinse your mouth with water and/or eat immediately after sealant placement.
2. 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.
3. Always avoid chewing on hard items such as ice cubes, hard candies or any other foods that are very crunchy. The sealant may chip or break, if these foods are eaten especially just after placement.
4. It is crucial to remember that sealants **ONLY** cover the chewing surface of the back teeth. Sealants **DO NOT** protect the four other surfaces of each tooth. Routine brushing and flossing are still very necessary to prevention cavities.
5. Sealants can remain in place for many years if they are cared for properly. If a sealant chips or breaks, it can easily be replaced.

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