



Post-op Instructions for Sealants

Eat soft food for the remainder of the day. Avoid foods such as popcorn, hard candy, ice, etc. Resume a normal diet the following day. Resume normal brushing and oral hygiene immediately.

Your bite may feel different. This is normal and will subside over the next few days as the excess material wears off, leaving only what is needed in the deepest grooves.

The approximate life span of a dentist sealant is two to five years, yet there is always the possibility that a portion or all of the material may be lost before that time. Numerous factors can contribute to possible early loss (saliva contamination during application, continuous poor eating habits, aberrant enamel quality, or very poor oral hygiene). Poor oral hygiene and diet can also result in recurrent decay (cavities around the silicone sealant material in adjacent enamel).

Should the dental sealant be lost, please inform us as soon as possible. If this occurs, there is no harm to the tooth (other than loss of the protection which the sealant had previously provided) or risk to the patient. We will examine the dental sealants during your preventive dentist office visits and replace or repair them as needed. There is no replacement charge for this service as long as you have adhered to our recommended recall schedule.