

## Post-Operative Instructions for Dental Sealant

Congratulations on taking this important step towards protecting your child's dental health! Remember, **dental sealants are a preventive measure but not a substitute for good oral hygiene practices.** With proper maintenance, dental sealants can effectively protect your child's teeth for two to five years. This includes adhering to the following instructions:

### Eating and Drinking

- **Immediate Diet:** Your child **can eat and drink immediately** after the procedure. However, to allow the sealant material to harden properly, we recommend sticking to a soft diet for the rest of the day.
- **Avoid Certain Foods:** To prevent damage to the sealants, **avoid sticky, chewy, and hard foods** such as fruit snacks, chewing gum, caramel, popcorn, and hard candy. Limit consumption of highly acidic foods and drinks as they can weaken the sealant over time.

### Bite Adjustment

- **Bite feeling Different:** It is normal for your child to feel that **their bite is different** after the procedure. This sensation should subside as any excess material wears away naturally.

### Habits to Avoid

- **Oral Habits:** Encourage your child to avoid behaviors that could impact their teeth and the longevity of the sealants, such as teeth grinding, jaw clenching, nail-biting, pencil-chewing, chewing ice, or using their teeth to open packages. The listed behaviors can **crack or dislodge** the sealants.

## Oral Hygiene

- **Brushing and Flossing:** Continue **brushing twice per day and flossing daily**. Even though sealants protect the chewing surfaces, they **do not cover the areas between teeth**. Good oral hygiene and nutrition are crucial to prevent cavities beneath or next to the sealants and between the teeth.

## Maintenance and Longevity

- **Monitoring:** Regularly observe your child's sealants for any signs of chipping or wear.
- **Inspection and Repair:** At each of your child's dental check-ups, we will evaluate the condition of the sealants and perform any **necessary maintenance or repairs** to ensure their continued effectiveness.

By following these post-operative instructions carefully, you can ensure the longevity and effectiveness of your child's dental sealants. For any questions or concerns, please don't hesitate to contact our office at **571-210-2771**.