



## CARING FOR SEALANTS

A preventative sealant has just been placed on one or more of your child's teeth in order to prevent cavities in the **chewing** surface of the back teeth. Sealants do not protect the four other surfaces of each tooth. Routine brushing and flossing are still necessary to prevent cavities.

1. Following its application, a sealant may feel a bit high when biting down. This will gradually wear away from the high points of the teeth and stay in the pits and grooves. Sealants also may leave a sour taste in your child's mouth, this will quickly disappear. Your child may rinse with water and/or eat immediately after sealant placement.
2. Always avoid chewing on ice cubes, jaw breakers, cough drops or other hard and crunchy foods. The sealant may chip or break if these foods are eaten especially just after placement.
3. Sealants can remain in place for many years if they receive proper care. Dr. Lora will evaluate the integrity of the sealants at every checkup appointment.

If you have any questions, please call us at (916) 435-9100.