



POST-OPERATIVE INSTRUCTIONS

After Dental Sealants

Preventative Care · Cisco Dental — Dental Fitness

Sealants place a thin protective coating into the grooves of the back teeth, where most childhood cavities start. They set immediately, so there is very little to do — but a few notes help them last.

Right away

- You may eat and drink as soon as you leave; the sealant is fully hardened.
- The bite may feel slightly different for a short time as you get used to the smoother surface.

Helping them last

- Avoid chewing ice, hard candy, and sticky foods (taffy, caramel) that can pull at sealants.
- Brush normally — sealants do not replace brushing; they protect the grooves brushing can't reach.
- We will check the sealants at each visit and touch them up if one ever chips.