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<p style="text-align: center;"><b>SEALANTS POST CARE INSTRUCTIONS</b></p>
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Your child has just had a preventative service performed. Sealants protect your teeth on the biting surfaces from decay, but they only work if they stay put!!!

Please refrain from the following if you would like your sealants to last:

- 1. REFRAIN FROM EXCESSIVE GUM CHEWING (pulls sealants off)**
- 2. DO NOT CHEW ICE OR HARD CANDIES (may break sealants)**
- 3. DO NOT EAT STICKY SNACKS OR CANDIES (pulls sealants off)**
- 4. DO NOT CLENCH OR GRIND TEETH**

At every continuing care appointment, we check the condition of the sealants. We will be glad to replace or touch up the sealants if a piece comes off, as long as it is NOT due to patient neglect or abuse (see above). Sealants should last about 5 years if not abused and can help keep you and your family cavity free. There will be a charge for occlusal adjustments each time sealants have to be redone. Please note that this charge may not be covered by your insurance company and therefore will be collected at the time of the appointment for reseals. There will be a charge for sealant replacement after 3 years or for repeated abuse to existing sealants causing multiple touchup appointments to be necessary.

By following the few simple rules above, you should be able to keep your teeth strong and less cavity prone!!

Let sealants help you keep “chewing surface sugar bugs” away from your teeth!!!