



INSTRUCTIONS AFTER SEALANT PLACEMENT

1. Avoid all sticky, gummy food and candies for 48 hours.
2. No gum chewing for 48 hours.
3. Avoid hard, crunchy foods for 48 hours.
4. Avoid chewing on Ice. The combination of cold and hardness tends to crack resin material.
5. The patient may feel as if their bite is slightly different, but by eating regular meals any excess material will wear down leaving the sealant in the lowest parts of the groove.
6. Your Dentist and/or Hygienist will check the sealants at each cleaning to see if they need to be touched up or replaced.

Please call our office at (804) 270-3080 with any concerns.