



Unprotected pits and fissures

Sealants



Protected pits and fissures

Caring for your sealants will help ensure they last – follow these tips!

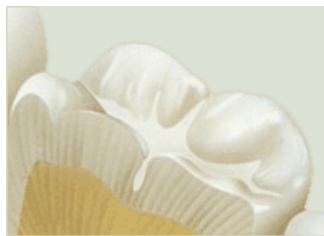
1. Encourage good tooth brushing
 - Use a fluoridated toothpaste (like Crest)
 - Poor hygiene (ie. plaque) can lead to the formation of acids that breakdown sealants
2. Reduce sugar and retentive starch intake
 - Sticky foods (sugar chewing gum, gummy snacks, fruit roll ups, candy) eaten too frequently will cause sealants to breakdown
3. Avoid chewing ice or hard substances
 - Hard foods can lead to chipping of sealants

A note on grinding...

Your child cannot control this habit. If you know they do it, please tell us. We will re-apply a worn or chipped sealant within 24 months at NO CHARGE. After that, a reseal fee may apply.

What do they feel like?

After sealant application, teeth may feel strange, like your child is biting on something. The sealants will adjust themselves within a few days.



If we work together, we can make your child's sealants a success!

The Waban Dental Group

Adult Dentistry • Pediatric Dentistry • Orthodontics

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