

## HEMOCARE INSTRUCTIONS AFTER SEALANTS:

A Sealant is a clear, or white shaded coating, that seals the deep pits and grooves on the chewing surfaces of back teeth to help facilitate brushing and prevent plaque from accumulating in the pits and grooves of teeth.

It is a normal feeling for the bite to feel a little "high" after sealant placement. Some children key into this temporary feeling more than others. There may be a slight after taste immediately following application. A rinse with water will help to reduce this taste. As with all dental procedures, the longevity of sealants varies with each individual. Effectiveness of sealants is influenced by bite patterns, grinding, ice or hard candy chewing, and bacterial plaque levels. Good oral hygiene is important. Soft drinks, juice and carbonated drinks can decrease the longevity and effectiveness of the sealant. Juice, soda and diet soda are high in acid. This acid attacks not only the teeth but can contribute to sealant failures. The condition of the sealants placed is checked at each re-care visit. Sealants can chip or wear out. We will inform you if your child's teeth ever need to be resealed. Any length of time that a sealant remains intact is successful as it has helped in maintaining healthy teeth by preventing food and plaque from getting caught in pits and grooves and making brushing easier. . Our goal with sealants is to maintain tooth structure for a lifetime of dental health. Sealants will not 100% percent prevent cavities.

