

WHAT YOU NEED TO KNOW ABOUT SEALANTS

The day you get your sealants applied we ask that you:

- **Eat soft foods** for the first 24 hours.
- When eating these soft foods, please **chew on the opposite side** of where the sealants were applied.

In order to get the longest life from your sealants, it is necessary that you follow a few tips:

- From now on you may **NOT** have anything really **sticky** (i.e. “Starburst”, “Milk Duds”).
- **Brush your teeth as thoroughly as you can** to keep the rest of your teeth as healthy as possible.
- **Keep your scheduled continuing care appointments** so we can be sure your sealants are in tip-top shape.