

SEALANT POSTOPERATIVE INSTRUCTIONS

1. SEALANTS HAVE REACHED THEIR FULL HARDNESS IMMEDIATELY AFTER PLACEMENT. UNLESS OTHERWISE SPECIFIED, YOUR CHILD MAY EAT AND DRINK RIGHT AFTER SEALANT APPOINTMENT.
2. FROM NOW ON, AVOID HARD AND/OR STICKY FOODS SUCH AS HARD CANDY, ICE AND TAFFY-LIKE FOODS (SEE THE LIST OF EXAMPLES BELOW).
3. ONCE THEY ARE PLACED, SEALANTS ARE NOT A GUARANTEE THAT CAVITIES WILL **NEVER** OCCUR. CAVITIES CAN STILL OCCUR IN BETWEEN THE TEETH WITHOUT PROPER FLOSSING. CAVITIES CAN ALSO FORM IF A SIGNIFICANT PORTION OF THE SEALANT IS CHIPPED OR LOST DUE TO HARD OR STICKY FOODS.
4. REGULAR BRUSHING AND FLOSSING ALONG WITH REGULAR DENTAL VISITS, ARE ESSENTIAL TO PROLONG THE LIFE OF THE SEALANT AND DETECT ANY LOSS OF THE SEALANT.

EXAMPLES OF STICKY FOODS TO AVOID:
(EATING ADHESIVE FOODS WILL INCREASE THE CHANCE OF SEALANT AND CROWN DISLODGEMENT.)

- Fruit Roll-Ups
- Gummy Bears
- Raisins
- Caramel
- Taffy
- DOTS
- Now and Laters
- Tootsie Rolls
- Bubble Gum (Sugar-Free gum OK)
- Jolly Ranchers and other hard candy, including lollipops
- Fruit Gushers
- Gummy Vitamins

ALTERNATIVE "TREATS"

- Chocolate Bars
- Ice cream
- Yogurt
- Pudding
- Jell-o
- Milkshakes
- Sugar Free Gum, sweetened with Xylitol



Note: This is not an exhaustive list of all sticky foods, but a good list of examples.