



## CARE OF SEALANTS

By filling in the grooves and fissures of permanent molars, sealants reduce the risk of decay by keeping out plaque and food that are hard to reach, even with a toothbrush. Since the covering is only over the biting surface of the tooth, areas on the side and between teeth cannot be coated with the sealant. Good oral hygiene and nutrition are still very important in preventing decay next to these sealants or in areas unable to be covered.

The American Dental Association recognizes that sealants can play a very important role in the prevention of tooth decay and recommends that kids receive dental sealants as soon as their adult molars erupt. When properly applied and maintained, they can successfully protect the chewing surfaces of your child's teeth for up to 10 years. Sealants will be checked for cracks or wear each time they receive an exam in our office.

A total prevention program includes regular visits to the dentist, the use of fluoride, daily brushing and flossing, and limiting the number of times sugar-rich foods are eaten. If these measures are followed and sealants are placed on the child's teeth, the risk of decay can be drastically reduced.

**After sealants have been placed**, your child can resume normal eating and drinking immediately. However, your child should refrain from chewing on ice, hard candy, or other hard objects indefinitely as this tends to fracture the sealant. Sealants that become displaced in the first twenty-four months will be replaced at no charge.

Call us at 512-451-8310 if you have any concerns.