

Sealants



What are sealants?

Sealants are clear or white material that is placed in the grooves of the biting surfaces of back teeth to protect them from the destructive effects of plaque.

Why are sealants needed?

Back teeth have deep grooves and pits that are very difficult to keep clean. Plaque, which is a nearly invisible film of bacteria, and food collects in these grooves. Although thorough brushing and flossing can remove food particles and plaque from smooth surfaces of teeth, they cannot always get into all the nooks and crannies of the back teeth to remove the food and plaque. Sealants protect these vulnerable areas from tooth decay by “sealing out” plaque and food.

Post-Op instructions:

There are no eating or drinking restrictions after sealant application **except avoiding sticky candy**
Flossing and brushing are still extremely important, even after sealants are placed. Sealing teeth is only one part of the preventative strategy.

Sticky and hard candies (Taffy, Jolly Ranchers, etc), while NEVER a good idea, are really a bad idea after having sealants. These sealants can be pulled off with this kind of candy.

Sealants may feel “slippery or smooth” until a few meals are eaten. This is normal!