

Post-op Instructions after Sealants

For the next hour, **avoid eating and drinking** anything other than water to let the sealant fully set. Once that hour is up, you can return to your normal routine, but try to stay away from **sticky, chewy, or very hard foods** (like taffy or ice) for the first 24 to 48 hours. This gives the glass ionomer time to reach its full strength.

What to Expect

It is completely normal for your bite to feel a little "high" or different for the first few days. Unlike other dental materials, glass ionomers are designed to wear down naturally, so the sealant will settle into a comfortable fit on its own as you chew.

Ongoing Care

You can **brush and floss normally** starting today. In fact, using a fluoride toothpaste is highly recommended because this specific material acts like a "fluoride battery"—it absorbs fluoride from your toothpaste and slowly releases it back into the tooth to prevent cavities