PURE SMILE
DENTAL CLINIC MIAMI · KENDALL

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INSTRUCTIONS · PREVENTION

CARE AFTER SEALANTS AND PREVENTIVE RESIN FILLINGS

How to keep your sealants intact and your back teeth protected against cavities.

1 HOW IT FEELS

- **Smooth feeling:** Your back teeth will feel smoother to your tongue. This is completely normal and a sign that the deep grooves are now protected.

2 EATING RIGHT AWAY

- **You can eat and drink right away:** As soon as you leave your appointment, the sealant is 100% hardened.
- **Careful with numbness:** If local anesthesia was used, wait until the numbness is completely gone before eating solid food, so you do not accidentally bite your cheeks, lips or tongue.

3 PROTECT YOUR SEALANTS

- **Protect the material:** Avoid chewing ice, very sticky candy or very hard foods that could crack or dislodge the sealant.

4 HOW LONG THEY LAST AND CHECKUPS

- Sealants protect the deep pits of your back teeth by keeping plaque and food out.
- **Don't worry about remembering the date! We will remind you ahead of time when your checkup is due, every 6 months, to make sure your sealants are still perfectly intact.**

QUESTIONS ABOUT YOUR TREATMENT?

We are here for you. Call us at **(305) 787-3642** or visit **puresmilemiami.com**.

WATCH THIS CARE VIDEO

Scan the code with your phone camera: we explain these instructions on video, and you always have this sheet at hand.

puresmilemiami.com/en/instructions-sealants

Patient Care Team
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