

RENEE COMMARATO, D.D.S., M.S., INC.

Pediatric Dentistry
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CARE OF SEALANTS

Sealants are a wonderful preventive measure that once applied may last about five years.

The success of sealants on your child's teeth will depend on the care of them at home. We would like all sealants to last, but we have no control once the patient leaves our office. There are things at home that you, as parents, can do to help insure the success of the sealants.

1. Encourage good brushing habits. Poor oral hygiene can affect the sealants. The acids that the plaque produces will etch them, causing them to break down.
2. Reduce sugar intake. Sticky foods such as Fun Fruits, Fruit Rolls, sticky candy, sugar chewing gum, etc. eaten too frequently will etch the sealants in the same way as poor oral hygiene.
3. Avoid chewing on ice, popcorn hulls, hard candy, or other hard substances. This habit can chip the sealants.

Teeth grinding may wear the sealants. This is something that you cannot control. If you are aware that your child grinds his/her teeth, please let us know.

After the sealants are applied, the teeth may feel funny to your child (like he/she is biting on something). The sealants will adjust within a few days.

If we work together, we can help make your child's sealants a success!