



Post-Op Instructions for Pediatric Dental Sealants

At Edmond Pediatric and Teen Dentistry, our goal is to provide the highest level of pediatric dental care while ensuring every child recovers comfortably and safely after treatment. Dental sealants are a thin protective coating placed on the chewing surfaces of molars to help prevent cavities. Your child has had 1 or more sealants placed today. After the appointment, follow these instructions:

What to Expect

- Your child may notice the teeth feel “different” or slightly rough at first. This is normal and usually goes away within a day or two.
- There may be a temporary change in the way the teeth come together when biting.

Eating and Drinking

- Your child may eat and drink right away.
- Avoid sticky or chewy foods (gum, taffy, caramel) for the rest of the day. Avoid chewing on ice as this can damage the sealants.

Oral Hygiene

- Sealants protect the grooves of the teeth, but regular brushing and flossing are still important to prevent cavities on other tooth surfaces.

Important Notes

- Sealants can wear down or chip over time. Regular dental checkups every 6 months are recommended so the sealants can be evaluated and maintained as needed.
- Occasionally, a small amount of bonding material may cure onto the surrounding soft tissue during placement and later chip off on its own. This is not harmful and is not a cause for concern.

If you have any questions or should any complication arise, please call the office at (405) 513-8811.