Redwood Pediatric Dentistry
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After-Visit Guide: Sealants

Your child's tooth was treated today with a sealant to help prevent a cavity or seal off a very early one. The tooth may feel slightly different for a few days. Here is what to expect and how to care for it.

1 Eating and Drinking

	Glass Ionomer (Equia Forte)	Resin-Based (Ultraseal)
HARDENS	Over 48 hours — continue hardening	✓ Immediately with curing light
EATING AFTER	Soft only for 48 hrs — no sticky/crunchy	✓ Normal eating right away
FLUORIDE	✓ Releases fluoride to enamel	No fluoride release
	May feel slightly "tall" for a few days — normal!	*Bite should feel normal immediately*

- **Glass Ionomer (Equia Forte):** Continues hardening for **48 hours**. Avoid sticky or crunchy foods for two full days: no gummies, hi-chews, nuts, chips, or hard candy.
- **Resin-Based (Ultraseal):** Hardens immediately under the curing light. Normal eating can resume right away.
- **All sealants:** avoid biting into ice, including small, round ice cubes, at any time. Chewing ice is one of the fastest ways to damage sealants and teeth.

2 Bite Feels a Little Different?

- **Glass Ionomer sealants** have a protective coating that helps the material cure in the ideal environment. This can make the bite feel slightly "tall" for a few days. That is completely normal, and it will settle on its own.
- **If the bite still feels significantly off after 3 to 4 days,** give us a call and we will take a quick look.

3 Food Guide

✓ Soft Foods — Good to Go

Fruits & Veg
- Applesauce
- Mashed banana
- Avocado
- Mashed potatoes
- Cooked vegetables
- Smoothies (no straw)

Proteins
- Scrambled eggs
- Soft tofu
- Shredded chicken
- Ground turkey/beef
- Refried beans • Fish

× Avoid These

Hard & Crunchy
- × Nuts & corn nuts
- × Hard candies
- × Ice — always avoid chewing, *yes, even the small round ones!*
- × Popcorn & popcorn kernels
- × Hard pretzels & chips
- × Raw carrots & celery
- × Baguette crust & bagels

Sticky & Chewy
- × Gummies & hi-chews
- × Caramel & taffy
- × Chewy candy of any kind

4 Home Care

- **Brush and floss gently** near the treated area for the first day if gums feel sore, then return to normal.

- **Keep helping until age 10:** Continue brushing and flossing with your child to make sure all surfaces stay clean around the sealant.
- **Good hygiene means sealants that last:** Brushing twice daily and flossing nightly prevents plaque from sneaking under the sealant edges.

Contact Us If, After 3 to 4 Days...

- The bite still feels significantly high or uncomfortable
- The tooth feels sensitive or painful
- You notice anything that concerns you

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References

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Disclaimer: All information reflects the clinical approach of Dr. Niekia Franklin and is intended for general guidance only. Instructions given during your visit always take precedence. • www.redwoodpediatricdentist.com