

#1120 2525 Mission Road Courtenay BC V9N 9H1 250-897-8447 hello@northislanddental.ca

CARING FOR YOUR SEALANTS

- Once sealants are light current, you can resume normal eating and drinking
- You should avoid hard candies and chewing ice to prevent fractures
- You should avoid sticky candies that could pull out your sealants
- Sealants do not prevent all decay. Brushing and flossing are still needed to protect your teeth.

