Clear Dental
cosmetic dentistry and invisalign

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AFTERCARE INSTRUCTIONS · RESTORATIVE DENTISTRY

CD-P17

After your Fissure Sealants

Keep this letter handy for the next two weeks. If anything worries you, call us. We would rather hear from you early.

PATIENT NAME _____ DATE OF TREATMENT _____

TREATING DENTIST _____ NEXT APPOINTMENT _____

Dear patient,

Fissure sealants have been placed. There is no recovery time and you can eat and drink normally straight away.

01 Aftercare

- The tooth may feel slightly different or high for a day. This settles as the sealant wears in.
- Avoid chewing ice and hard lollies, which can chip the sealant.
- Keep brushing twice daily with fluoride toothpaste and floss between teeth. Sealants do not protect between teeth.
- Limit sugary snacks and drinks.

Call us if you have

- The bite still feels high after 2 days
- You notice a piece of sealant has come away

Emergency: If you have difficulty breathing or swallowing, rapidly spreading swelling, or bleeding you cannot control, call 000 or go to your nearest hospital emergency department.

→ Follow-up

We will check sealants at each 6-monthly check-up.

Warm regards,
The Clear Dental team

Clear Dental

We're here to help

Call your nearest clinic on the numbers listed at the foot of this page (中文 02 9283 6220) or email **info@cleardental.com.au**. Open 7 days across 9 clinics. In a medical emergency call 000.