The nurse will put some green cleaner and some white sealant into small yellow pots, she will put two small brushes beside them.

The dentist will put some green cleaner onto your tooth for 15 seconds. He will use a small brush.
The dentist will wash off the green cleaner with water, the nurse will use her sucker to suck up the water.

The dentist will dry your tooth with some air, it might feel cold.
The dentist will put some white sealant onto your tooth with a small brush.

The dentist will put a light by your tooth.
The light will shine bright blue for 20 seconds, it will make a bleeping noise after 20 seconds.

This is all that is needed to make your tooth stronger.