



Nano Silver Fluoride (NSF) Post-Operative Instructions

Today, we applied Nano Silver Fluoride (NSF) to help stop your child's cavities. NSF is a minimally invasive treatment that provides the benefits of silver without the permanent black staining of traditional treatments.

To ensure the treatment is as effective as possible, please follow these instructions:

Immediate Instructions

1. 30 Minutes: No eating or drinking.
2. Today: Stick to a soft diet (avoid crunchy or sticky foods).
3. After 6 Hours: You may resume normal brushing, flossing, and rinsing.

Important Information About NSF

- **No Black Staining:** The tooth should maintain its current appearance while the silver nanoparticles work to arrest the decay.
- **Clinical Efficacy:** While NSF is a highly effective aesthetic alternative, it is important to note that its overall efficacy in arresting decay may be slightly lower compared to traditional Silver Diamine Fluoride (SDF). Regular monitoring is essential.

Long-Term Success

- **Reapplication:** To keep the cavity "frozen," NSF requires reapplication of at least twice a year until the tooth is restored or falls out naturally.
- **Home Care:** Daily flossing and a healthy diet are critical to prevent the decay from progressing.
- If the cavity appears to be progressing at the next check-up, we may need to reapply the medicine or discuss restorative options.

