



Post-Operative Instructions for Silver Diamine Fluoride Application

Today, we applied Silver Diamine Fluoride (SDF) to your child's teeth. This treatment is a minimally invasive way to help stop (arrest) the progression of dental cavities.

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

Immediate Care

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 Staining

- On the Tooth: The treated cavity will turn black/dark grey. This change in color is permanent and indicates that the silver is working to harden and arrest the decay.
- On Skin: If any SDF touched the skin or lips, a small dark spot may appear. This will disappear within 1-3 weeks with normal soap and water washing.

Long-Term Success

- Reapplication: According to the American Academy of Pediatric Dentistry, SDF usually requires at **least a biannual (twice a year)** reapplication until the tooth is either restored with a filling/crown or falls out naturally.
- Home Care: Proper diet and daily oral hygiene (including flossing) are critical. If the cavity does not appear hardened or dark at the next check-up, we may need to reapply the medicine or discuss restorative options.

