

Post-Operative Instructions for Silver Diamine Fluoride (SDF)

Your child has just received a Silver Diamine Fluoride treatment to help halt tooth decay and prevent further progression. Please follow these guidelines to ensure the treatment is as effective as possible:

Immediately After the Treatment

- **Eating and Drinking:** Avoid eating or drinking for at least **30 minutes** after the SDF application to allow the solution to fully penetrate the tooth surfaces.
- **Food and Drink Restrictions:** For the rest of the day, steer clear of **hot beverages and acidic foods or drinks**, such as citrus fruits or juices, which can interfere with the treatment's effectiveness.

Oral Hygiene

- **Brushing and Flossing:** Do not brush or floss the treated area for the **first 24 hours** to ensure the SDF has ample time to react with the tooth enamel. After 24 hours, resume regular oral hygiene practices.
- **Tooth Appearance:** The treated areas may **turn black, indicating that the decay has been arrested**. This discoloration is normal and expected with SDF treatment.

Activity and Sensitivity

- **Physical Activity:** Your child can engage in normal activities immediately following the treatment.
- **Sensitivity:** Some children may experience minor sensitivity or a **metallic taste** temporarily following the treatment. This is normal and should subside quickly.

Follow-Up Care

- **Regular Dental Visits:** It's important to continue with regular dental check-ups and cleanings. SDF treatment may need **reapplication at intervals** based on professional recommendations to maintain protection against tooth decay.
- **Observation:** Keep an eye on the treated areas and surrounding teeth. Contact us if you notice any changes or if new decay appears.

Special Considerations

- **Staining:** Be aware that SDF can cause temporary staining on the skin or gums, which should fade over time. If SDF comes into contact with your child's clothes, it can create permanent stains, so dress them accordingly on the day of treatment.
- **Communication:** Inform your child's school or daycare about the treatment. They should be aware in case there are visible changes in your child's mouth.

When to Contact Us

- Please contact our office if your child experiences severe or prolonged sensitivity or discomfort.

By adhering to these post-operative instructions, you are helping ensure the success of your child's Silver Diamine Fluoride treatment. If you have any questions or concerns, please don't hesitate to contact us at **571-210-2771**.