Redwood Pediatric Dentistry
Dr. Niekia Franklin, DDS, MSD • 4100 Redwood Rd., Suite 7A, Oakland, CA • (510) 413-7600

After-Visit Guide: Silver Diamine Fluoride (SDF)

Your child's tooth was treated today with SDF, a gentle, non-invasive liquid that helps stop cavities from growing. Here's everything you need to know for a smooth recovery at home

1 What to Expect

- **Color change:** The treated area will turn dark brown or black. That is completely normal and a sign the SDF is working!
  - Only decayed or weakened areas darken. Healthy enamel stays its natural color.
  - SDF is a liquid and may travel slightly, so nearby cavities could also stain.
- **Taste or smell:** Most kids notice a brief metallic taste (like sour pennies) that fades quickly.
- **Gums or lips:** If SDF touches soft tissue, a harmless dark spot may appear and fades within a few days.

2 Eating & Drinking

No food or drink for 1 hour after the appointment

Waiting 1 hour gives the SDF time to bond to the tooth without being rinsed away. After that, your child can eat and drink normally!

SDF works best on a clean, dry surface, so this short waiting window really matters.

3 Home Care

- Brush and floss tonight as usual. **Adults should help or supervise children under age 10.**
- Use **fluoride or hydroxyapatite toothpaste** twice daily to keep strengthening those teeth.
- Limit sticky, sugary, or processed snacks. Ask us about the **Dentist Dad snack guide!**

4 ✓ What SDF Does and Doesn't Do

- SDF stops or slows decay from spreading. It does **not** restore the tooth's original shape or color.
- SDF does not work for about **1 in 5 cavity sites**, which is exactly why follow-up visits matter.

5 Your Follow-Up Plan

Depending on how things look at your next visit, we may:

- Reapply SDF in a few weeks or months to reinforce the treatment
- Take more frequent X-rays to keep a close eye on the area
- Place a filling or crown later to restore shape and function

Please contact us if…

- Your child develops tooth pain or sensitivity
- The treated tooth chips or breaks
- You notice any changes that concern you

(510) 413-7600 • team@redwoodpediatricdentist.com

References

1. Gao SS et al. Silver diamine fluoride on arrested caries lesions: a randomized clinical trial. J Dent Res. 2016;95(10):1132-1137.

2. Horst JA et al. UCSF protocol for caries arrest using silver diamine fluoride. J Calif Dent Assoc. 2016;44(1):16-28.

3. Mei ML et al. Inhibitory effect of silver diamine fluoride on dentine demineralisation and collagen degradation. J Dent. 2013;41(9):809-817.

4. Crystal YO, Niederman R. Evidence-based dentistry update on silver diamine fluoride. Dent Clin North Am. 2019;63(1):45-68.

Disclaimer: All information reflects the clinical approach of Dr. Niekia Franklin and is intended for general guidance only. Instructions given during your visit always take precedence. • www.redwoodpediatricdentist.com