

# Aftercare Instructions

## for Fluoride Varnish & Silver Diamine Fluoride (SDF) Application



### Today Your Child Received:

#### Silver Diamine Fluoride (SDF) and Fluoride Varnish

- For best results, your child should not eat or drink anything for 30 minutes after getting both SDF and fluoride varnish.
- Follow the additional aftercare instructions listed below each treatment.

#### Silver Diamine Fluoride (SDF)

- If your child received SDF treatment only, they can eat and drink normally right away.
- A metallic taste or sore gums is normal and should go away within 24 hours.
- Staining on your child's gums or skin will go away within 1–2 weeks.
- Black staining on the treated tooth is permanent and will last until the tooth falls out.
- Keep helping your child brush with fluoride toothpaste twice a day and limit sugary snacks. For SDF to work its best, your child needs to have good oral health habits at home.
- Make sure your child sees a dentist regularly.



#### Fluoride Varnish

- If your child received Fluoride Varnish only, they can drink and eat soft foods right away. Do not feed hard food (such as chips/crackers) or hot food/drinks for the next 4 hours as this could take off the varnish.
- Do not brush or floss your child's teeth today, but start normal tooth brushing tomorrow.
- Your child's teeth might look a little yellow or cloudy, this is normal and will come off next time they brush.
- For today, do not have your child receive any additional fluoride treatments and skip their fluoride supplement if they normally take one.
- Fluoride varnish works best when applied every few months. Make sure to schedule your next appointment.



[illinoisaap.org](http://illinoisaap.org)

Source: [AAP Silver Diamine Fluoride \(SDF\) Aftercare](#)