

## Care at home

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- SDF does not stain sound or healthy enamel or dentin, it does stain skin, clothing, counters, floors and instruments.
- For soft tissue, it will fade over a period of 24 to 72 hours.
- Wash the area thoroughly with soap and water, 3% peroxide, or an iodine tincture. Staining on skin will fade, like a henna tattoo.
- If only SDF is used, the patient can eat or drink normally. If fluoride varnish is applied, we recommend waiting an hour prior to eating or drinking.

## Expectations

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- Follow-up estimations of SDF effectiveness in arresting dental caries lesions range from 47 to 90 percent with one-time application depending on size of the cavity and tooth location.
- Anterior teeth have higher rates of arrest than posterior teeth. Therefore, follow-up for evaluation of caries arrest is advisable.
- Follow-up at 2-4 weeks after initial treatment to check the arrest of the lesions treated.
- Reapplication of SDF may be indicated if the treated lesions do not appear arrested (dark and hard). Additional SDF can be applied at recall appointments as needed, based on the color and hardness of the lesion or evidence of lesion progression.
- Caries lesions can be restored after treatment with SDF.
- When lesions are not restored after SDF therapy, biannual reapplication shows increased caries arrest rate versus a single application.