

POST-OPERATIVE INSTRUCTIONS

Caring for Fluoride & Remineralization Treatments

Preventative Care · Cisco Dental — Dental Fitness

Some of the most powerful tools in Dental Fitness stop or even reverse early decay without a drill — by strengthening and rebuilding the enamel itself. Depending on what you needed, we may have used silver diamine fluoride, Curodont™ Repair, an in-office fluoride varnish, or a prescription high-fluoride toothpaste for home. Care differs a little for each, so find the one(s) we used today.

★ If we used Silver Diamine Fluoride (SDF): the dark spot is the decay being stopped

- The spot we treated will turn dark, and it stays dark. This is not new decay — it is the visible sign that the cavity has been arrested (stopped). SDF darkens the exact decayed area it has killed and hardened.
- Any SDF that touched your gums, lips, or skin may leave a temporary dark mark; this is harmless and fades on its own within 1–2 weeks.
- A brief metallic taste or mild gum soreness can happen and is normal — it usually resolves by the next day.
- Keep brushing and cleaning between your teeth normally. If we placed SDF together with fluoride varnish, do not eat or drink for 30 minutes; with SDF alone there is no eating restriction.

If we placed Curodont™ Repair (rebuilding early enamel)

- Curodont uses a self-assembling peptide that fills an early, non-cavitated 'white spot' and draws in calcium and phosphate from your saliva to regrow enamel from within — no drilling, no numbing, and no staining.
- Do not rinse, eat, or drink for 30 minutes after it is applied. After that you may eat and drink normally.
- Brush twice a day with a fluoride toothpaste — the everyday fluoride is what keeps the new mineral building, so this daily habit is essential to the result.

If you received an in-office fluoride varnish

- You may eat and drink right away, but keep to softer foods and avoid hot drinks and alcohol (including alcohol-containing mouthwash) for the rest of the day.
- Do not brush or floss for at least 4 hours — ideally wait until the next morning — so the fluoride stays on your teeth as long as possible.
- You will feel a thin film or slightly rough coating on your teeth; that is the varnish doing its work. It brushes off easily when you resume cleaning.



If we prescribed a high-fluoride toothpaste (5,000 ppm) for home

- Use it once a day, preferably at bedtime, in place of your regular toothpaste. Apply a thin ribbon and brush thoroughly for two minutes.
- Spit out the excess, but do not rinse, eat, or drink for 30 minutes afterward, so the fluoride keeps strengthening your enamel overnight.
- This is prescription strength. Use only as directed and keep it out of the reach of young children.

Why we use these

- These treatments let us stop and reverse early decay conservatively — protecting tooth structure instead of removing it. Keeping water as your all-day drink, cleaning between your teeth daily, and keeping your regular visits are what make their benefit last.