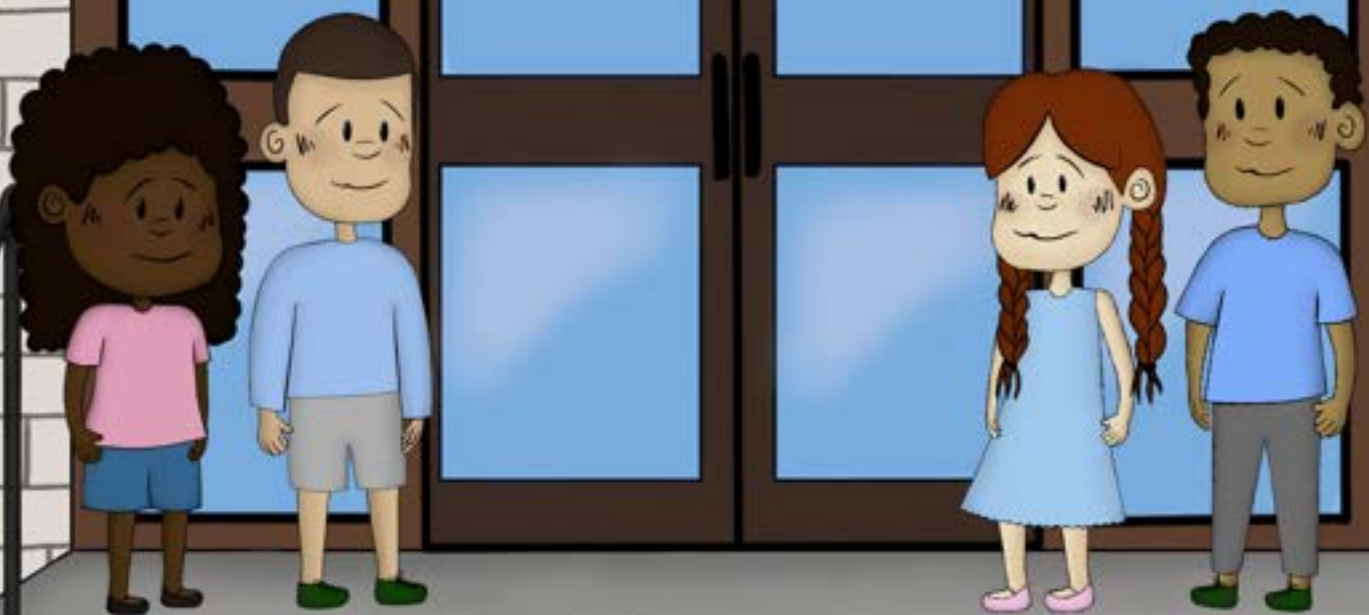


Our Adventure with Silver Diamine Fluoride

DENTIST



Our Adventure with Silver Diamine Fluoride

**Written and illustrated by
Grace Lipkin**

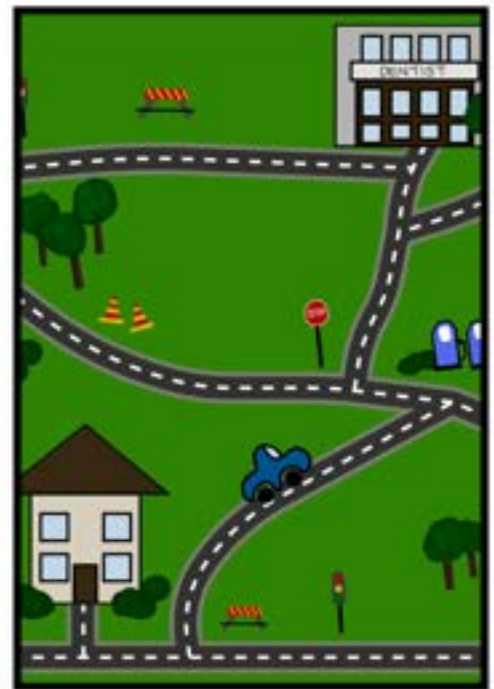
**Produced in association with
Dental Connect, The Dundee School
of Dentistry, and SmileTrain**

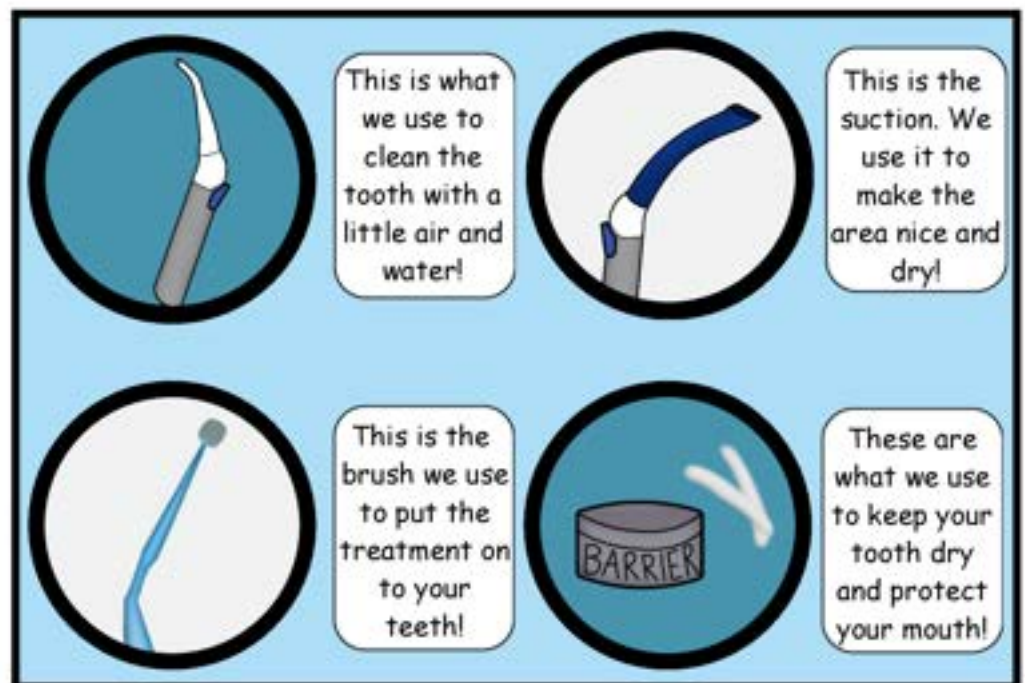
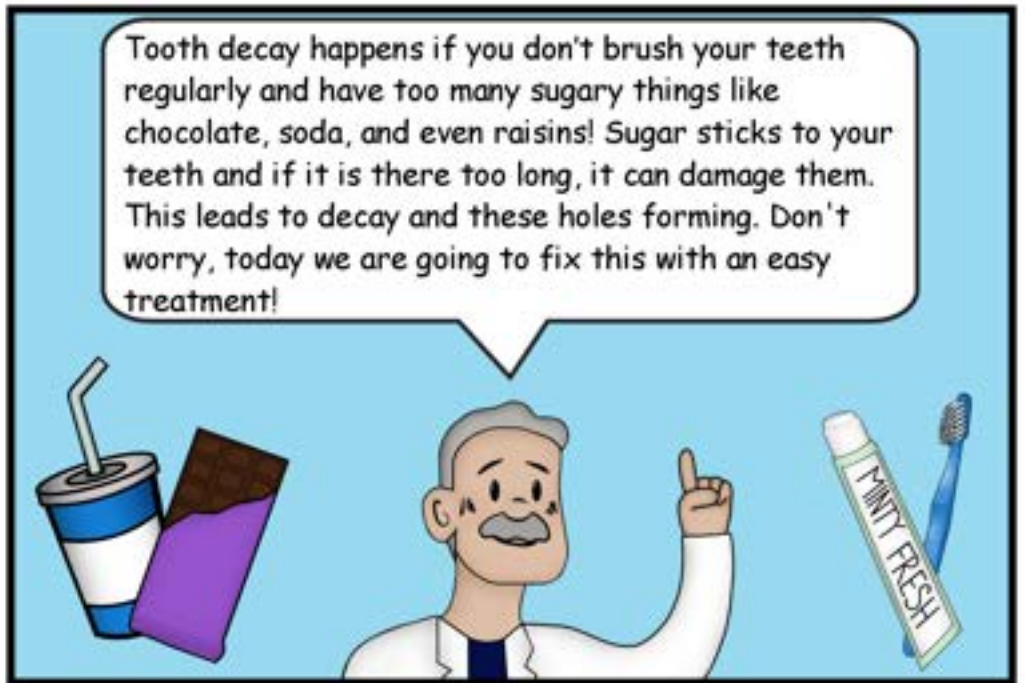
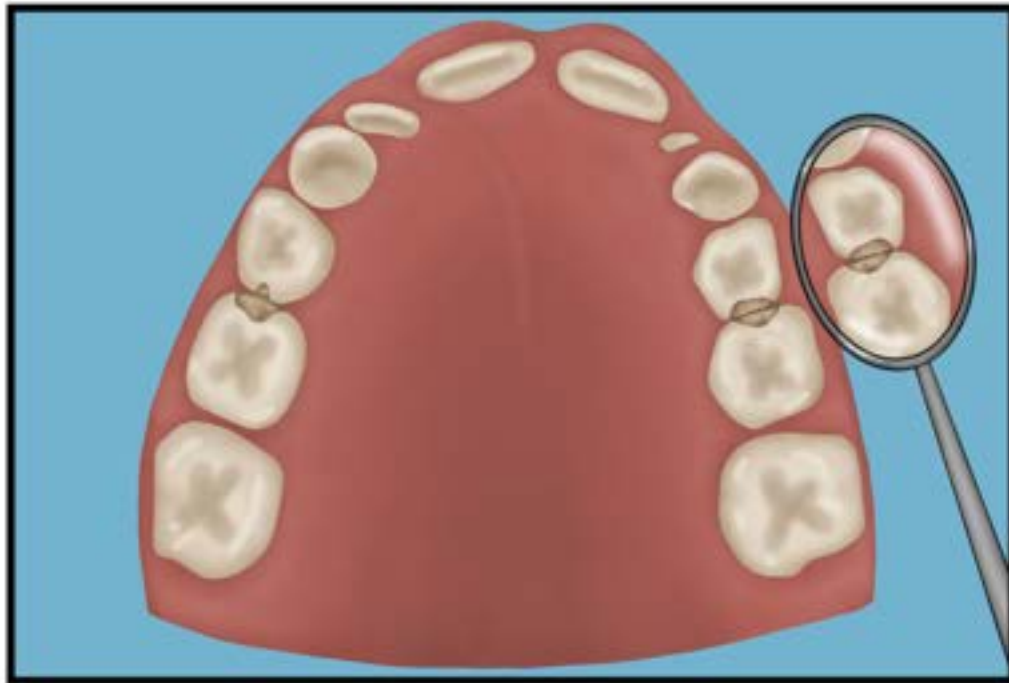


School of Dentistry
University of Dundee



**With special thanks to Dr Clement MF
Seeballuck and Dr Caroline Erolin**





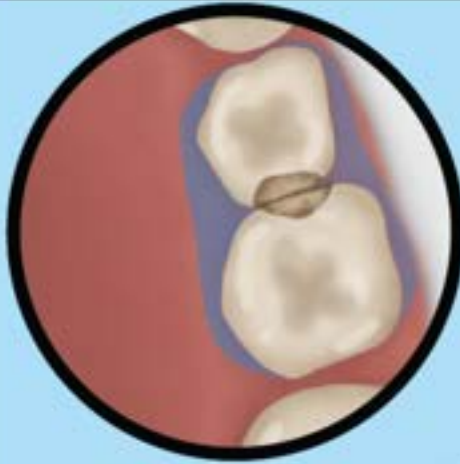
To stop the decay, we use this special treatment called Silver Diamine Fluoride, or SDF.



SDF is a special liquid that makes your tooth strong and healthy again. It stops the decay from spreading to more of your tooth! You might feel a little tingle while it dries and at the end, it changes colour!



You got this! I will be right here in case you need anything.

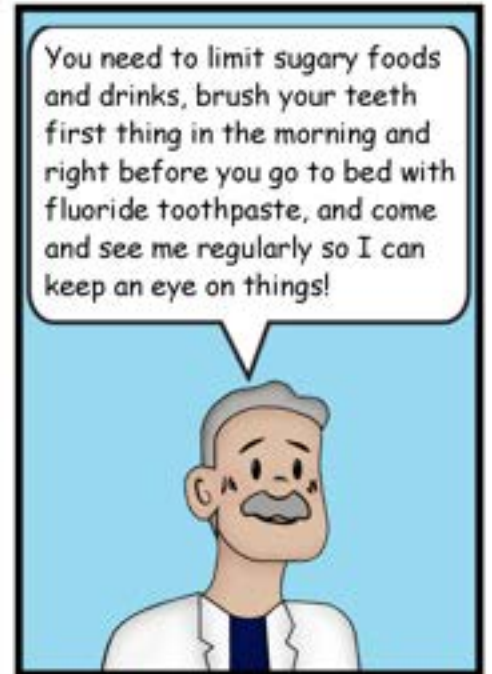


First, we prepare your tooth for the special treatment. After cleaning and drying it, we put some barrier gel and cotton wool rolls around your tooth to protect it!

Now we put on the special treatment. We use this brush to apply it! Once it is on, we let it soak in and let the magic happen!



A quick clean up and you are done! See how the colour changed? This is how it will look until your adult teeth grow in!



How can you take care of your teeth?

Your teeth help to keep your whole body healthy, which is a big job! That's why it's important to keep your teeth healthy. To do this, you need to eat a balanced and healthy diet! This means making sure to eat fruits and vegetables and limiting how many sugary foods and drinks you have. It's okay to have them sometimes, but only as a treat.

Using toothpaste with fluoride in it helps to keep your teeth nice and strong! Brushing your teeth first thing in the morning and right before you go to bed will help prevent tooth decay from happening.

It's also important to see the dentist regularly so they can make sure everything is healthy! Your dentist will make a personal care plan with you and your parent/guardian to help make sure your teeth and gums stay strong.

**See you at your next
visit!**

