FILLINGS:

Our office provides both silver (amalgam) fillings, and tooth-colored (resin/composite) fillings. The anterior teeth are almost always filled with composite fillings for esthetic reasons, but patients often have options with respect to posterior (back) teeth. Depending on size, stress and other factors we may recommend one type over the other, based on your circumstance. If you have questions as to what would suit your situation best, we would be happy to discuss this with you at the time of your examination.

SILVER (AMALGAM) FILLINGS:

1. After silver fillings have been placed, we ask that you do not eat on them for at least one hour. This allows the material to "set" or harden. Eating too soon may increase the likelihood of fractures or other problems.
2. Be very cautious if eating before the anesthetic has worn off so that you don't bite your cheek or tongue. If supervising children who have had fillings done, make sure they don't accidentally bite themselves. (It can cause serious soft tissue injury).
3. Do not bite hard on newly placed silver fillings for 24 hours.
4. Sensitivity to hot and cold may occur for a few days, or even a few weeks following dental restorations. Usually the deeper the cavity, the more sensitive the tooth will be. If you feel the bite is not correctly balanced, please call for an appointment for a simple adjustment.
5. You may experience some irritation or soreness at the site where the anesthetic was administered. This should pass relatively quickly.
6. Call our office if you are experiencing unusual aching or throbbing that worsens with time, or if you have any questions about post- operative care.

TOOTH COLORED (RESIN/COMPOSITE) FILLINGS:

Once we have restored your teeth with tooth colored materials, these restorations will serve you for several years. The resin (plastic) material used contains small "filler" particles of glass-like material for improved strength and wear resistance. They contain the finest and most up-to-date materials available today, but you should be aware of the following information about your new resin restorations:

1. Composite fillings "set" right away. There is no waiting time to eat following placement of composite fillings. But, as mentioned above, we recommend caution if chewing under the influence of dental anesthetic. Many patients (especially children) inadvertently chew the inside of their lips, cheeks or tongue, which can result in serious tissue damage.
2. As with natural teeth, avoid chewing excessively hard foods on the filled teeth (hard candy, ice, raw carrots, etc.) because the resin material can break under extreme forces.
3. Sensitivity to hot and cold is common for a few weeks following a dental restoration. Please contact our office if sensitivity lasts an unusually long time, or if you feel as though your bite is unbalanced.
4. The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue will often magnify this small difference, but you will become accustomed to this in a few days.
5. Call our office if you experience anything unusual or have questions relating to your new restorations!