



YOUR NEW COMPOSITE FILLINGS

We have restored some of your teeth with tooth-colored materials. The resin material used contains small, filler particles of glass-like material for strength and wear resistance. These restorations will serve you well for several years. They contain the finest and most up-to-date materials available today. However, you should be aware of the following information about your new restorations:

Composite Fillings – Information to Be Aware Of

- 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.
- Composite fillings set up hard right away. There is no waiting time to eat.
- Children should be observed until the anesthetic wears off. Due to the strange feeling of the anesthetic, many children will chew the inside of their lips, cheeks, or tongue which can cause injury.
- Sensitivity to hot and cold is common for a few weeks following a dental restoration. Usually, the deeper the cavity, the more sensitive the tooth will be. If you feel the bite is not correctly balanced, this may also cause tooth sensitivity. Please call 619-858-8080 to schedule an appointment for a simple adjustment.
- The gum tissue and anesthetic injection site could have been irritated during the procedure and may be sore for a few days.
- The finished restoration may be shaped slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days.

Regular Dental Care

Proper brushing, flossing, and regular 6 month (minimal) cleanings are essential to the long-term stability and appearance of your restorations. Often, problems that may develop with the fillings can be found at an early stage and repaired easily, while waiting for a longer time may require more extensive treatment.

Warranty

When a tooth has a cavity, the Dentist removes the decay and fills the hole with a filling material supported by the remaining tooth structure. The ideal filling should be no more than 50% of the tooth; leaving half the tooth to support the filling. When you get a cavity that takes up 60% or more of the tooth, a crown is indicated. A crown covers the entire tooth and holds the now unsupported tooth structure together. Sometimes we place a filling thinking there is enough tooth to hold the filling when actually there is not. The tooth then starts to break away because it can no longer support the large filling. If within 12 months of a filling placement it is determined a crown is needed, as a courtesy we will credit the cost of the filling towards the crown. This warranty is null and void if the patient does not maintain his/her prescribed (minimum of every 6 months) regular hygiene appointments.

If you have questions or concerns about your composite fillings, please call 619-858-8080 or send an email to: patients@coastaldentalarts.com. Your comfort and satisfaction are very important to us.