

TOOTH COLOR FILLINGS: AFTER CARE INSTRUCTIONS

In contrast to metal fillings such as silver and gold, direct white /tooth-colored fillings are made of hard plastic polymers. White fillings have many advantages, for example have superb esthetics and blend with the tooth, harden instantly, durable, do not corrode, and support weak tooth structure by fusing to the remaining tooth structures. However, polymer white fillings lack the ductility of metal fillings which allows a gradual adjustment to the patient's biting pattern. Thus, more post-operative adjustments may be needed; in particular, in large white fillings of molars of a bruxer patients. White polymer fillings also tend to shrink when polymerized; this may result in micro gaps at the tooth/filling interface, micro fracture, and bending tension in the tooth. Post-operative discomfort such as thermal sensitivity, and bite sensitivity may be more frequent with the white fillings; however, these problems are minors and can be adjusted easily.

White fillings reach maximum hardness immediately following polymerization; however, avoid chewing on the filling side which is the side that received anesthesia. The numbing in the upper jaw will last approximately 1 hour, and the numbing in the lower jaw will last up to 4 hours. A soft diet is recommended until the numbing wears off. Also, avoid hot drinks or foods until the numbing is gone. This prevents inadvertent injuries of the soft tissues (tongue, lip, etc.) because of residual anesthesia.

You may experience some thermal or biting sensitivity up to 5-7 days; however, if it does not subside, you should contact our office for filling adjustment.

The gum tissue may have been irritated during the procedure and may be sore for a few days. The site where the anesthetic injection was given may also be sore for a few days.

Please follow prescribed oral hygiene instructions-45 degree angle brushing twice a day and flossing once a day to avoid getting a cavity or gum disease around the filling.

The finished restoration may be contoured 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.