

## What happens now – Fillings

Through discussion you and I have decided that there is a tooth in your mouth that requires filling, and you have agreed to have this treatment done. Teeth require fillings because they are:

- Broken
- Decayed
- Worn down
- Discoloured

### Things to remember:

- Decay is very traumatic to teeth. It represents a bacterial infection of the teeth.
- A filling is an irreversible surgical procedure, to remove the decayed tooth structure, in an attempt to prevent further decay and restore it to its normal function.
- We remove the heavily infected tissue of your tooth and insert a filling into the hole.
  - This keeps the tooth comfortable and allows you to chew without getting food stuck.
- It can also restore the appearance of the tooth.
- It is not uncommon for a filled tooth to be sensitive to hot and cold after the filling is done.
  - This sensitivity should be temporary in nature. If it persists or gets worse, you should contact us by phone.
- Sometimes with decay that goes deep into the tooth other problems arise.
  - Most decay is painless in its early stages, which is why we as dentists recommend people come to see us on a regular basis.
- If decay is allowed to occur over a prolonged period it puts at risk the health of the tooth, threatening the nerve or even the tooth itself.
- If the decay goes deep into the tooth the nerve can begin to die. We will warn you if we think this is the case, but it **is not** always possible to predict this.
- Despite our best efforts, the bacterial infection related to deep decay can kill off the nerve in the tooth. This is usually when a root filling is needed to save the tooth.
- If you experience a lot of pain and discomfort after a filling, it is usually the result of deep decay, even if you had no pain in the tooth before the filling.
- Metal fillings on back teeth are cheaper and quicker than white fillings. White fillings on back teeth are more awkward to do, and there are more problems that can arise.
- We have discussed your options and allowed you to make your choice.

**If looked after fillings have an acceptable life span. You will need to brush twice a day with fluoride toothpaste, limit sugars from your diet and floss or use inter-dental brushes to keep the tooth and gums clean and healthy**