



CONCORDIA
dental healthcare

Care of Composite Fillings

- Composite is the white coloured filling material used to restore decayed, cracks and fractures to a tooth
- Composite fillings are used to restore teeth back to a functional and aesthetically pleasing state
- The filling material can be closely matched to the existing teeth in order to create a natural and aesthetically pleasing tooth
- With correct care and maintenance a composite filling can last for a minimum of 20 years, however with all restorations within the mouth they may require replacement eventually
- Once the filling has been placed it is essential that good oral hygiene practices are followed to ensure that no further problems occur
- We suggest that you attend regular hygienist appointments so that the hygienist can remove deposits that are not able to be removed by simple brushing, flossing or interdental brushes
- The dentist will advise you to use interdental brushes to clean the contact points in between the teeth. The brushes come in a selection of sizes so you may require more than one colour to clean different areas
- As well as brushing and flossing Listerine Total Care Zero mouthwash can be used as it is effective in removing plaque, maintaining healthy gums and contains fluoride which protects the teeth against decay

- Patients that grind their teeth are advised to wear a protective night guard or splint at night time as this will ensure that any damage that may be caused as an affect of grinding will be taken out on the guard rather than the teeth or any restorations within the mouth
- Once the filling has been placed you can eat and drink as normal almost straight away, however if you have had local anaesthetic and are numb then it is advisable that you wait until the numbness has worn off as you may bite yourself
- Once the numbness has worn off you may feel that the composite filling is high or too proud, if this is the case please inform us so that we can arrange for it to be adjusted as it can make the tooth sensitive
- Once the filling has been completed it is very normal for the tooth to be sensitive to hot and cold however this will settle within a few weeks
- Sometimes after a very large or deep filling it is normal to experience some discomfort as the nerve may have been irritated, this should settle within a few weeks however if you are still experiencing discomfort you should return to us so that the dentist can have a look

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