

Replacing Fillings

when fillings need to
be replaced

Dental 'fillings' or restorations are used to replace lost tooth structure. Even though fillings last many years, they will not last forever. Depending on the size, material and technique used, a filling may last for a few years or as many as 10-15 or more years.

The majority of fillings fail as a result of **new decay** penetrating under and around the old fillings. The incidence of these new cavities and recurrent decay can be almost eliminated with a sensible diet and good homecare routines.

Alternatively fillings may fracture as a result of overloading from excessive clenching or grinding (bruxing) habits. Usually, the only effective way to minimise the incidence of such breakages is by wearing a specially designed nightguard whilst sleeping.



When do you replace the filling?

Each time you visit the Dentist for a full check-up, they will examine all your existing restorations to determine which are not intact or have become decayed. Often x-rays are needed to see under old fillings or in between back teeth.

Once the Dentist has recommended a filling be replaced, it is best to do so promptly before the tooth breaks down further or the nerve becomes infected. Early detection and treatment can minimise the need for more extensive or costly procedures.

Replacement Options

This practice uses only 'state of the art' bonded composite tooth coloured fillings.

Bonded composite fillings not only look nicer than old-fashioned silver amalgam fillings but technically they are a major advance. As they are bonded to the tooth they help strengthen the tooth and the bonded seal also makes it more difficult for the tooth to decay again.

There are many reasons why fillings fail

- Pressure from years of eating
- Stress from grinding and clenching
- Seal between tooth and filling breaks down
- Bacteria and food accumulate

What happens to the tooth or filling

- Wears down
- Chips, breaks or cracks
- Decay forms around or underneath the filling
- Fillings can dislodge or fall out
- Nerve can become infected

