



PENTHOUSE DENTAL

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Our practice Moto

Every patient is a father, mother, son or daughter of a loved one.

What is a Filling?

A filling restores a damaged tooth to its normal function and shape. They prolong the life of your natural teeth. Damage can be due to decay or trauma. We will design the shape of the cavity and prepare the tooth surface to achieve optimal results. The filling will close the dentine, inner part of the tooth and prevent further decay and sensitivity. It is important to remember that the filling material remains a restorative material and is not your natural tooth. Therefore you must take care of them and they can become loose and the margins may discolour over time. If damage could occur on your natural tooth, enamel, the strongest substance in the body, it can definitely happen to the restoration.



Which Type of Filling will be used?

Your dentist may discuss different options as one type of filling might not be the optimal material for each individual. The material used will depend on the extent of repair, allergies to materials and function that is needed in a specific area.

- **Gold fillings** are made in a laboratory and cemented into place. Gold inlays are well tolerated by gum tissues, and may last more than 20 years. Many authorities consider gold the best filling material. However, it is often the most expensive choice, requires multiple visits and is unaesthetic.
- **Amalgam (silver) fillings** are resistant to wear and relatively inexpensive. However, due to the dark colour it is un-aesthetic and the cavity design is very destructive. In our practise we don't place silver fillings as there is better resin materials available. Amalgam when produced causes damage to the environment, we would like dentistry to be sustainable and therefore there is a worldwide decrease use of amalgam.
- **Composite (plastic) resins** are matched to be the same colour as your teeth. Composites may not be the ideal material for large fillings as they may chip or wear over time. They can also become stained from coffee, tea or tobacco, and do not last as long as other types of fillings.
- **Porcelain fillings** are called inlays or onlays and are then bonded to the tooth. They can be matched to the colour of the tooth and resist staining. A porcelain restoration generally covers most of the tooth.

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How Do I Know if I Need a Filling?

You may experience sensitivity from heat, cold or sugar. This sensitivity will normally last less than 10 seconds. If the decay is extensive you may be able to see it in the mouth. We can detect whether a tooth needs a filling through an examination, using a mirror and probe to assess the softness. X-rays may also be used to assess the extent of damage. If the cavity is still small it will require a small filling, but if it becomes larger it may require a root canal treatment.

What Steps Are Involved in Filling a Tooth?

We will use local anesthetic to numb the area, thereafter we will remove the decay using appropriate instruments. The tooth will then be prepared according to the material to be used. The filling material will be placed in specific layers. A special light, curing light will harden the material. When the multilayering process is completed, the dentist will shape the material to the desired result, trim off excess material, and polish the final restoration. The restoration will also be tested to see if the bite is correct.

Are Amalgam-Type Fillings Safe?

Over the past several years, concerns have been raised about silver-coloured fillings, otherwise called amalgam fillings. These fillings contain a toxic substance called mercury. There are claims that this filling material causes diseases like autism, Alzheimer's disease, and multiple sclerosis. The American Dental Association (ADA), the FDA, and numerous public health agencies has conducted many studies and there is no scientific prove that the filling is harmful to patients. In our practice we don't remove silver coloured fillings and replace them with tooth coloured resin materials if the Amalgam is still clinically and radiographically sound. Removing the silver fillings are more negative to your health as mercury and other heavy metals are drilled out with water that may be swallowed and taken up into your system. If the silver filling is breaking down and needs removal, we will do this with great care, minimizing your exposure to these metals.