

DR. RICKY SEE & ASSOCIATES

THINGS TO KNOW ABOUT YOUR NEW WHITE FILLINGS

POST-OPERATIVE CARE

Unlike silver fillings, which take about 24 hours to fully harden, white fillings are hardened with a process called light curing that only takes seconds. Hence you can eat immediately after your fillings. However, if your mouth is frozen, we recommend you to refrain from hot foods and beverages until the sensation of your tongue, cheek and lips return.

ADJUSTMENT

Due to the capability of white fillings to match the natural color of teeth, minor irregularities can be difficult to identify. If your fillings feel sharp or irregular, call us for an appointment. All it takes may be just a minor polishing to get rid of it.

If your newly filled tooth appear longer than the neighbouring teeth when you bite together or if it is painful when you bite on it, chances are the filling is too thick. Don't just wait around and hope you will grind it down eventually, the white fillings we have nowadays are so strong that it will take a long time for it to be ground down by natural biting.

It is not uncommon for teeth that are badly broken down to be a bit sensitive after filling and this should usually gets better by itself after a short while provided the root canal is healthy. But if the discomfort worsen or if it persist for a prolong period of time, call us for an appointment so we can find out the actual reason for the sensitivity and deliver the necessary treatment. Occasionally, root canal treatment might also be necessary following a deep filling.

HOME CARE

Your white fillings are custom-built to restore the original colour, form and function of your teeth. Just treat them as your natural teeth and remember to brush and floss them regularly. Your filled teeth require the same amount of attention and care as your natural teeth in order to maintain their health and beauty.

EATING

The new generations of white fillings are very strong materials. However, they are still not as strong as enamel. If you just have very small fillings or if they are being placed in a non-stress-bearing area like the side of the tooth; you may treat it as a normal tooth. But if you have a large filling on the biting surface or edge of your teeth, then you should avoid those teeth when you are eating hard foods.