

Can you reverse tooth decay & do I need a filling? - Smile Solutions

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original tooth. Not only does this protect the underlying tooth structure; it reestablishes aesthetics, function and restricts movement from other teeth. Fillings do however have a lifespan and are prone to being replaced every few years. There are a few options for fillings, each with their own benefits.

- 1 Silver (Amalgam) Fillings Silver fillings are one of the oldest and most durable options available. They are long-lasting and highly effective at preventing decay beneath the filling. However, they are more noticeable in appearance and can increase the risk of cracks or fractures in the tooth over time. In some cases, significant fractures may compromise the tooth and require more extensive treatment.
- 2 Tooth-Coloured & Ceramic Fillings Tooth-coloured composite resin fillings are designed to blend naturally with your teeth and bond directly to the tooth structure. They are an excellent option for small to medium restorations, although they may need replacing every 3–7 years. For larger restorations, stronger options such as ceramic, gold, or ceramic-metal combinations can be used. These are made outside the mouth, offering superior strength, durability, and longevity—often lasting 10+ years. With modern technology, many of these can be completed in a single visit. Apart from the points mentioned above on preventing dental decay, the next best way to prevent needing a filling is early detection. Regular exams allow decay to be identified in their early stages; often when either it is reversible or only requiring very small fillings.

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