

# How long do dental fillings last? - Smile Solutions

Canonical: <https://www.smilesolutions.com.au/dental-articles/article/long-dental-fillings-last/>

## Details:

How long do dental fillings last? - Smile Solutions Skip to content Book Appointment Now Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth TMD & Teeth Grinding Snoring & Sleep Apnoea Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Prosthodontists Oral & Maxillofacial Surgeons Periodontists Orthodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips About Us Why Choose Us Our Team Our Location Technology Before & After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Dr Maliha Siddiqui 21 Oct 2018

How long do dental fillings last? Factors contributing to the life of your dental fillings Often, when a tooth is physically damaged from decay or trauma, dental fillings are used to replace lost structure. As dentists, we try maximise the lifespan of all dental fillings by using the best materials placed under ideal working conditions. However, everything in dentistry has a finite lifespan and fillings are no different. A commonly asked question is: How long we can expect the filling to last? The answer is complex as each cavity and each filling is unique and there are many factors to consider. Materials Today, dental fillings can be made from one of two main types of material: porcelain and a soft plastic . Each type of filling has a slightly different lifespan due to inherent differences in the materials' properties. Porcelain fillings, or CEREC Porcelain fillings , are customised restorations shaped according to a 3D scan of the tooth cavity. They are milled chair-side from a high-strength, aesthetically appealing porcelain block. In my opinion, porcelain is the best filling material for medium or large cavities. Porcelain dental fillings are generally considered the “definitive fix” for the tooth, and research has shown that they do very well over long periods of time – with success rates of at least 95 per cent after 10 years. [1] Composite fillings, on the other hand, are made from a soft plastic material which is adapted to the tooth cavity and set hard with a blue light. These plastic fillings are generally weaker and not dimensionally stable over time. As a result, they have a relatively short lifespan – generally three to five years, depending on the size of the filling. Placement The way both porcelain dental fillings and composite fillings are placed can have a big impact on their longevity, and there are several things dentists can do to maximise their lifespan. In dentistry we have a saying, “The seal is the deal.” In other words, dental fillings are only as good as the quality of the bond between the tooth and the filling material. It therefore makes sense that anything that will help make a stronger bond will ultimately increase the lifespan of the filling. All dental materials that rely on bonding to tooth structure (both CEREC and plastic fillings) are sensitive to moisture and won't stick well if there is humidity or moisture (water or saliva) in the area. Hence, all dental fillings should ideally be done under rubber dam protection. The dam is a thin rubber sheet that protects the filling from contamination by moisture – much like a raincoat for the tooth. Rubber dam protection is mandatory when performing root canal treatment; and given how well it works, it should be the standard of practice for routine dental fillings as well. Patient factors There are also things patients can do to ensure they get the most out of their dental fillings. Any filling placed in the mouth is under stress – from daily eating and drinking, from the temperature changes of these foods and drinks, and

from para-functional habits such as grinding or clenching of the teeth. If the filling is needed due to decay, it is important for us to make sure we minimise the risk of developing new decay lesions in the future and thus avoid a need for early replacement of the dental filling. This may involve changing certain habits and incorporating more protective factors in the home care routine. Your decay risk profile and best ways to prolong the life of your dental filling will be discussed at your appointment. [1] Posselt A, Kerschbaum T, "Longevity of 2328 chairside CEREC inlays and onlays", International Journal of Computerized Dentistry , 6: 231–248. Articles from Dr Maliha Siddiqui View Blogs All Dr Peter Henderson 24 Nov 2018 Porcelain fillings and composite fillings: What are the differences and costs involved? Read More General Dr Maliha Siddiqui 14 Jan 2021 Night Time Tooth Grinding/Clenching Read More All Dr Maliha Siddiqui 30 Mar 2017 Do I have to get a chipped tooth fixed? Read More All Dr Peter Henderson 24 Nov 2018 Porcelain fillings and composite fillings: What are the differences and costs involved? Read More General Dr Maliha Siddiqui 14 Jan 2021 Night Time Tooth Grinding/Clenching Read More All Dr Maliha Siddiqui 30 Mar 2017 Do I have to get a chipped tooth fixed? Read More All Dr Peter Henderson 24 Nov 2018 Porcelain fillings and composite fillings: What are the differences and costs involved? Read More General Dr Maliha Siddiqui 14 Jan 2021 Night Time Tooth Grinding/Clenching Read More All Dr Maliha Siddiqui 30 Mar 2017 Do I have to get a chipped tooth fixed? Read More View Blog Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Our Services General Dentistry Cosmetic Dentistry Orthodontics Specialist Care Dental Implants Children's Dentistry Emergency Dentistry Why Choose Us Our Team Media Awards Careers Technology Location Holistic Dentistry Quick Links Contact Us Articles Packages & Offers Dental Payment Plans Understanding Your Treatment Sitemap Privacy Policy Copyright © Smile Solutions. All Rights Reserved. This site is protected by reCAPTCHA and the Google Privacy Policy and Terms of Service apply. Close Our Services General Dentistry Dental Cleans and Hygienists Wisdom Teeth Emergency Dentistry Root Canal Tooth Fillings Chipped or Cracked Teeth Snoring & Sleep Apnoea TMD & Teeth Grinding Sport Mouthguards Dental Anxiety Cosmetic Dentistry Porcelain Veneers & Crowns Same Day Porcelain Veneers™ Composite Bonding Professional Teeth Whitening CEREC Restorations Invisalign® No Braces All-on-4® Dental Implants Gummy Smile Complimentary Cosmetic Consultation Orthodontics Invisalign No Braces Orthodontic Braces Children's Braces and Invisalign Jaw Surgery Dental Implants All-on-4® Dental Implants Conventional & Immediate Implants Dental Bridges Bone Grafting For Implants Dentures Specialist Care Oral & Maxillofacial Surgeons Prosthodontists Orthodontists Periodontists Endodontists Paediatric Dentists Complex Dentistry Children's Dentistry First Visit To The Dentist Children's Dental Emergencies Children's Braces and Invisalign Child Dental Benefit Schedule Kids Teeth Cleaning Tips Why Choose Us Our Team Our Location Technology Awards Holistic Dentistry Before After Gallery Payment Plans Packages & Offers Contact Us Call Us 13 13 96 Close Smile Solutions AI Assistant ■ Hello! I'm here to help you with questions about Smile Solutions. How can I assist you today? Popular questions: What services does Smile Solutions offer? How can I contact Smile Solutions What are your business hours? ■■ × 0 /1000 Contact Us Call Us 13 13 96 Location Level 1, 220 Collins Street Manchester Unity Building, Melbourne VIC 3000 Hours Of Service Monday – Friday: 8.00am – 6.00pm Saturday: 8.30am – 1.30pm Sunday: By Appointment Close Book Now