

Tooth Fillings Melbourne | Cavity Dental Fillings - Smile Solutions

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Details:

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Tooth Fillings A tooth filling is used to restore a hole (cavity) caused by decay, wear, or a chip. Fillings repair and rehabilitate the tooth, restoring its form, function, and structural integrity. Your browser does not support this video. Common causes of tooth cavities

Tooth decay – cavities form bacteria can lead to pain, infection, or abscesses if untreated

Enamel wear – wear and abrasion can cause tooth sensitivity

Fractures – trauma or blows to the mouth can break teeth

Cracks – heavy biting or grinding can create crack lines

Broken fillings – fillings can break or fall out

To reduce the chance of tooth decay, it is important to maintain regular dental check-ups and good oral hygiene at home. This video demonstrates an example of the CEREC restoration process. Results and durability will vary, and your dentist will discuss suitability, alternative treatment options, and any associated risks. Click here to learn more .

Signs and symptoms that you may need a cavity filled. This is not an exhaustive list. Most cavities start silently, without symptoms or pain. To reduce the chance of tooth decay, it is important to maintain regular dental check-ups and good oral hygiene at home.

Visible holes or discolouration

Cavities that can be seen or felt with the tongue, or grey shadows and discolouration on the tooth surface.

Sensitivity Discomfort from heat, cold, or sweet foods.

Tooth pain General toothache or pain on biting and chewing.

Flossing issues Floss tearing repeatedly between teeth.

Rough tooth surfaces

Teeth that feel uneven or gritty to the tongue.

X-ray signs Hidden decay or problems that your dentist can spot on an X-ray to catch issues early and plan treatment. If you notice any signs of a cavity, call us to book a dental appointment as soon as possible. Contact Us

Types of fillings we offer at Smile Solutions

1 Composite resin fillings Composite resin fillings are matched to the shade of your individual teeth, are minimally invasive and can be placed in a single appointment. Made from a tooth-coloured synthetic resin material, they are a cost-effective option but generally don't last as long as the alternatives because they cannot withstand heavy pressure and so fracture more easily. Learn More

2 CEREC porcelain fillings CEREC porcelain fillings, also called inlays, onlays, ceramic, or CEREC restorations, restore damaged teeth in a single visit. They use high-quality material that matches the colour, function, and strength of your natural teeth. For larger areas of decay or broken-down teeth, porcelain is generally preferred as it is metal-free, biocompatible, and long-lasting. Learn More

Frequently Asked Questions What should I do if I have a cavity? Contact the team at Smile Solutions as soon as possible on 13 13 96 . Your teeth should be assessed, X-rays may be taken and your cavity may need to be filled to prevent further decay and infection. How long do fillings last? Material The

lifespan of fillings varies with the material used and the amount of tooth being replaced. Porcelain or gold last longer than composite, which cost less but need to be replaced every three to five years on average. Larger composite fillings can become “leaky” and allow decay around the margins over time. They also tend to lose their colour and lustre, whereas porcelain fillings usually last at least ten years and retain their original colour. Gold fillings also have an excellent lifespan of at least ten years.

Placement The way both porcelain and composite fillings are placed can affect their longevity, and there are several things dentists can do to maximise their lifespan. In dentistry there is a saying, “The seal is the deal”, meaning that 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 strengthen the bond will ultimately increase the lifespan of the filling. All dental materials that need to be bonded to the tooth structure are sensitive to moisture and won’t stick well if there is humidity or moisture in the area. Hence, all dental fillings should ideally be done under protection, such as a rubber dam or another form of moisture barrier. The dam is a thin rubber sheet that acts much like a raincoat for the tooth, ensuring that the filling is placed under optimal conditions and with the added benefit of protecting the patient’s airway from any debris or dental materials. Your dentist will advise you on the best filling options for your individual needs.

How do I care for my fillings? To maximise the lifespan of your fillings, you will need to maintain good oral hygiene – that is, brush twice daily and floss once daily – as well as having regular dental appointments. Tea, coffee, nicotine and other substances can stain your fillings, just as they do teeth. Composite fillings are particularly susceptible to staining. If your dentist has recommended treatment for grinding or clenching, such as a night guard or a splint, take precautions as directed; this will avoid premature cracking or fracture of your fillings.

What is the process for placing a filling? Having a filling is a relatively simple treatment. Your dentist will use a local anaesthetic to numb the surrounding area, then remove the decayed or structurally unsound portions of the natural tooth in addition to any existing fillings. The chosen material, once prepared, is applied, shaped and set to rebuild the tooth. It usually takes about 30 to 60 minutes to complete each filling. The anaesthesia used for this procedure normally wears off in a couple of hours. It is recommended that you avoid hot food and drinks during this time to prevent scalding of your mouth. If you must eat, be mindful not to bite into your cheek or tongue while it is numb. In the days or weeks following a filling, you may experience transient sensitivity – especially if the cavity was deep or close to the nerve. This sensitivity typically decreases and settles. However, if you experience significant discomfort, do not hesitate to contact your dentist.

What are the different types of tooth filling? Composite resin fillings and CEREC porcelain fillings are the most commonly used materials for tooth fillings. Other types of material used include gold fillings and amalgam fillings. Gold fillings are strong as well as durable. Because they wear in similar ways to enamel, they are less likely to wear down opposing unfilled teeth. Gold fillings are custom made in a laboratory and therefore require two appointments to be placed. Fillings made of gold, a precious metal, are slightly more expensive than the alternatives. Amalgam fillings were previously the most common choice. The material used is a mixture of silver, mercury, copper, tin and other trace metals. These fillings are less aesthetically pleasing than other types, and for this reason some people may opt to have their amalgam fillings replaced with CEREC porcelain or composite fillings. Additionally, amalgam fillings are so strong that the natural flexion of the tooth around the filling can lead to cracks in the tooth. As dentistry has evolved, amalgam fillings are now seldom recommended or used by dentists.

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