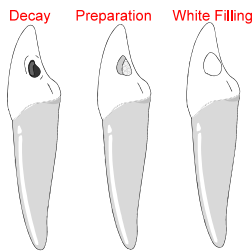




White (Composite) Fillings

You've just had a white filling placed. Seemed kind of simple, but there is a lot more to it than may meet the eye. First let me explain a little bit about the various types of white fillings that are currently available.



The simplest form of 'white filling' is technically called a **Composite**. It is made up of a composite quartz resin and usually contains some sort of light sensitive agent. These light cured composites are extremely cosmetic and most often bonded into place. They can be used in both the front of the mouth as well as in your back teeth. Some of these composite materials have been specifically designed to actually withstand the incredible forces you can exert when chewing on your back teeth.

In order to bond a filling material to your tooth it is first necessary to remove decay, prepare the tooth and then to condition the enamel and dentin. Once conditioned, a thin resin is applied which bonds to the etched surface. The bond strength of these fillings is incredible. Today we can bond plastics and even amalgam (silver fillings) to your teeth. Bonding increases the strength of these restorations far beyond those of only a short time ago.

After placement, composites are hardened by **shining a light** on them for a specified period of time, usually around 40 seconds. Since we tend to look at this light all the time (many times a day) it is necessary for us to protect our eyes from it with an orange shield. It is not necessary for us to protect your eyes since you look at this light only once in a while. However, it is probably a good idea for you not to look directly into the light anyway. An ounce of prevention is indeed, worth a pound of cure!

We are constantly asked the same question, "When can I eat?". Well, after placement, as long as you brought your own food and you share, you may chew

right away. These fillings are instantly hardened by the light. Your teeth may experience some degree of temperature sensitivity for a few days to a week. If it does not disappear within that period of time, please give the office a call.

The other type of 'white filling' is called a **Composite or Porcelain Inlay**. More on this at another time. If you have any questions about your white filling please let us know. We are here to help in any way we can to make your dental experience

