

## Composite or Tooth Colored Fillings

Once we have restored your teeth with tooth-colored materials, these restorations will serve you well for several years. The resin (plastic) material used contains small “filler” particles of glass-like material for strength and wear resistance. They contain the finest and most up-to-date materials available today. However, you should be aware of the following information about your new restorations:

- As with natural teeth, avoid chewing excessively hard foods on the filled teeth (hard candy, ice, raw carrots, etc.) because the resin material can break under extreme forces.
- Composite fillings set up hard right away. There is no waiting time to eat. The numbness goes away usually 2-4 hours after your filling is placed. Please avoid any chewing until the anesthetic wears off. Due to the strange feeling of the anesthetic, many children will chew the inside of their lips, cheeks or tongue which can cause serious damage.
- The gum tissue could have been irritated during the procedure and may be sore for a few days together with the anesthetic injection site.
- The finished restoration may be contoured slightly different and have a different texture than the original tooth. Your tongue usually magnifies this small difference, but you will become accustomed to this in a few days.

When a tooth has a cavity the Dentist removes the decay and fills the hole with filling material, the tooth supports the filling. The ideal filling is no more than 50% of the tooth. This leaves half the tooth to support the filling. When you get a cavity that takes up 60% or more of the tooth, a crown is indicated. A crown covers the entire tooth and holds the tooth together.