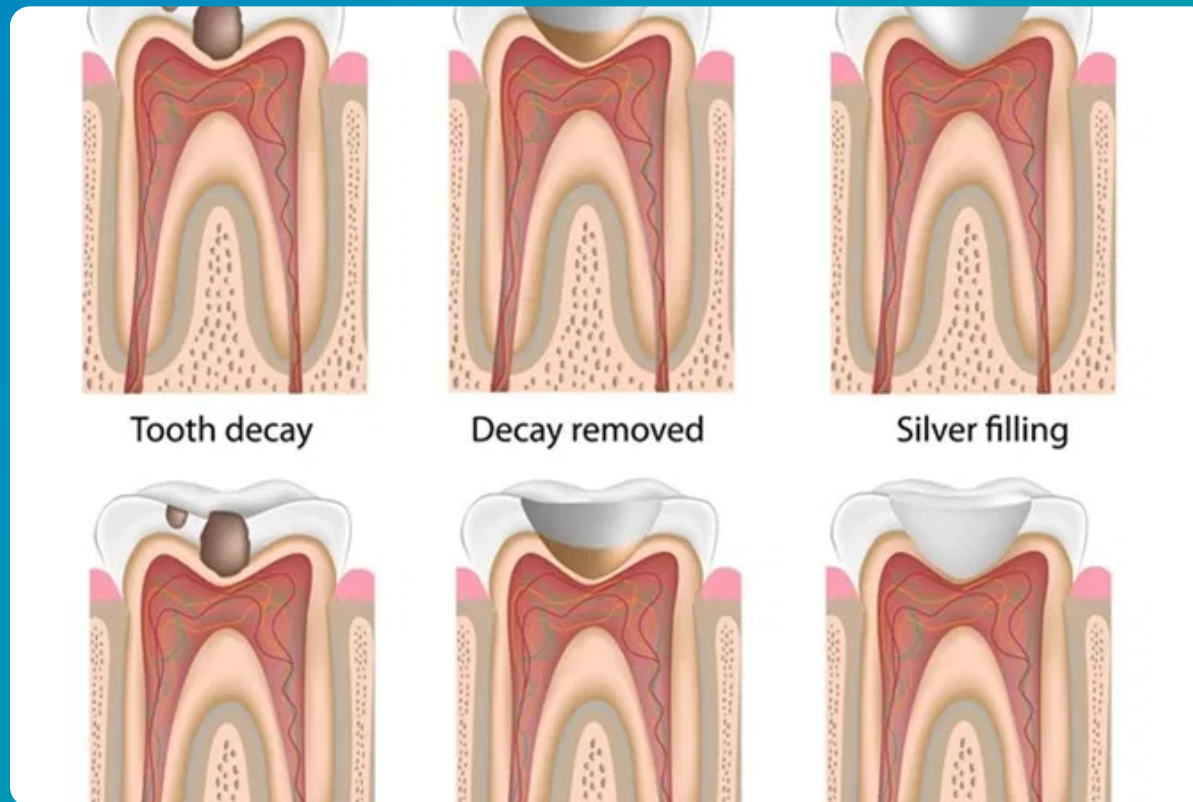


# Dental Filling Surgery Guide

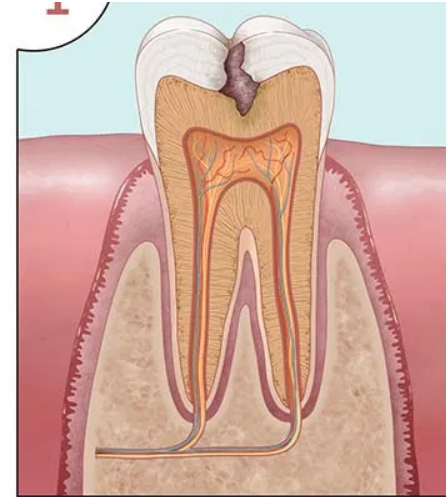
A comprehensive guide to understanding dental fillings



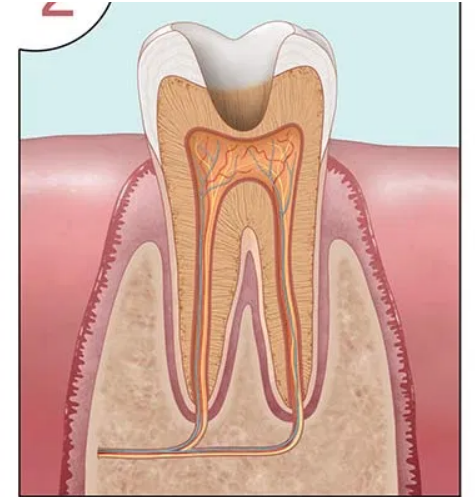
# Types of Dental Fillings

| Type          | Key Benefits                                         | Considerations                                    | Longevity   |
|---------------|------------------------------------------------------|---------------------------------------------------|-------------|
| Amalgam       | Durable, cost-effective, suitable for large cavities | Silver color is noticeable, contains mercury      | 10-15 years |
| Composite     | Matches tooth color, bonds directly to tooth         | Less durable, higher cost than amalgam            | 5-7 years   |
| Glass Ionomer | Releases fluoride, tooth-colored                     | Weaker than other types, not for chewing surfaces | 5 years     |
| Gold          | Extremely durable, doesn't corrode                   | Expensive, requires multiple visits               | 20-30 years |
| Ceramic       | Aesthetically pleasing, stain-resistant              | Expensive, can be brittle                         | 10-15 years |
| CEREC         | Single visit, custom-made                            | Not available at all dental offices               | 10-30 years |

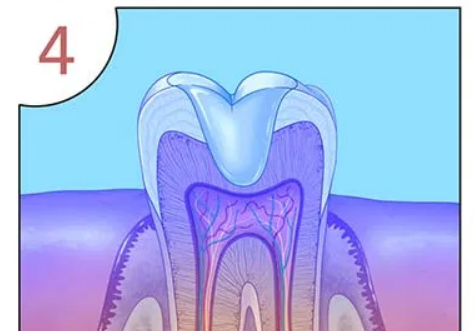
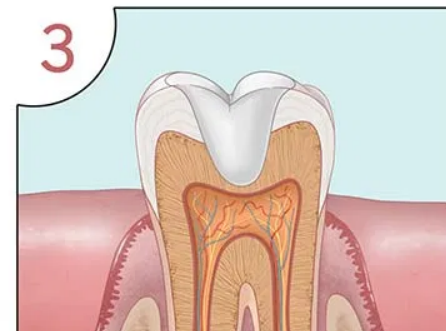
The choice of filling material depends on factors such as the location and extent of decay, cost considerations, and patient preferences. Your dentist will recommend the most appropriate option for your specific situation.



Hole is filled with dental filling.



Curing light hardens the filling, and the tooth is polished.



# Step-by-Step Filling Procedure

# Pre-Procedure Preparation

# Aftercare Tips



## Be Gentle

The tooth will be sore and sensitive after the procedure. Avoid touching the area for a day or so to ensure proper healing.



## Avoid Hard and Sticky Foods

Stick to soft foods like yogurt, pudding, or smoothies for a day or so after the procedure. Avoid hard candies, caramels, jerky, tough meats, or hard nuts that could damage the new filling.

## Rinse Regularly

Rinse with salt-water or a gentle alcohol-free mouthwash a few times after the procedure to cleanse the mouth and reduce bad breath, which can be a common side effect.



## Take Anti-inflammatory Medication

If you experience discomfort, which is normal and usually doesn't last longer than a day or two, take over-the-counter anti-inflammatory medication to reduce swelling and relieve discomfort.



## Brush and Floss

Continue to brush and floss before the night ends, even if the tooth is sore. Use a very soft-bristled toothbrush to avoid discomfort while maintaining proper oral hygiene.



# Preventing Future Cavities

## Brush Properly Twice Daily

Use a soft-bristled toothbrush and fluoride toothpaste. Brush for at least two minutes, using gentle circular motions at a 45-degree angle to your gums.

## Floss Daily

Clean between teeth once a day with dental floss or interdental cleaners to remove plaque and food particles where toothbrushes can't reach.

## Use Fluoride Products

Drink fluoridated water and use fluoride toothpaste. Your dentist might recommend additional fluoride treatments if you're at high risk of cavities.

## Watch Your Diet

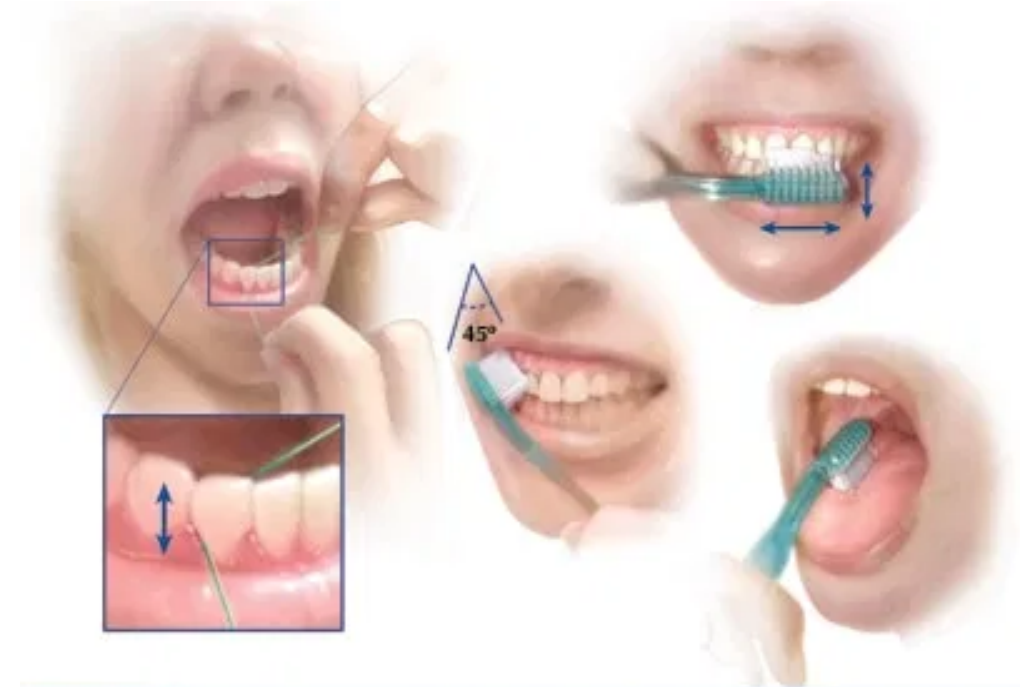
Limit sugary and acidic foods and drinks. When consuming them, try to do so with meals rather than between them to minimize acid exposure.

## Regular Dental Check-ups

Visit your dentist regularly for professional cleanings and oral exams. Early detection of problems can prevent more serious issues.

## Consider Dental Sealants

Dental sealants are protective coatings applied to the chewing surfaces of back teeth, helping to prevent decay in the grooves where food particles often get trapped.



© Mayo Foundation for Medical Education and Research. All rights reserved.

Proper brushing and flossing techniques are essential for preventing cavities

# Frequently Asked Questions

## ? Is the dental filling procedure painful?

No, the procedure itself is not painful. Your dentist will use local anesthesia to numb the area. You may feel some pressure during the procedure, but you shouldn't feel pain. After the anesthesia wears off, mild sensitivity is normal but should subside quickly.

---

## ? How long do dental fillings last?

The lifespan varies by material: amalgam fillings typically last 10-15 years, composite fillings 5-7 years, and gold or ceramic fillings can last 15-30 years with proper care. Regular dental check-ups help monitor their condition.

---

## ? Are dental fillings covered by insurance?

Most dental insurance plans cover fillings, typically at 80% for basic restorative procedures. Coverage varies by material, with amalgam fillings usually fully covered while composite fillings might be covered only up to the cost of amalgam.

---

## ? Can I eat normally after getting a filling?

Wait until the anesthesia wears off before eating to avoid biting your cheek or tongue. For 24-48 hours, avoid very hot or cold foods if you experience sensitivity, and steer clear of hard, sticky, or chewy foods.

---

## ? How do I know if I need a filling?

Signs include tooth sensitivity, pain when biting, visible holes or pits in teeth, dark spots, or food frequently getting stuck in certain areas. Many cavities have no early symptoms, which is why regular dental check-ups are important.

---



# Contact Arasu Dental Care



## Arasu Dental Care

*We care for you & your smile!*



0422-4957297  
88380 22157



arasudentalcare@gmail.com



### Opening Hours

Monday to Sunday: 10am - 8:30pm



### RS Puram

129, W Sambandam Rd, R.S. Puram,  
Coimbatore, Tamil Nadu 641002



### VRG COMPLEX

160, NSR Rd, above Donuts Cake shop,  
Saibaba Colony, Coimbatore, Tamil Nadu 641011



### Website

Visit us online at [arasudentalcare.com](https://arasudentalcare.com)  
For appointments and more information