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Care of Your New Dental Restorations (Fillings)

We have just placed dental restorations (fillings) in your teeth and these should serve you for many years. If the fillings are large, you may have been told that a crown may be needed in the future. You should be aware of the following information, so your fillings will serve as long as possible.

Strength and Chewing:

Dental restorations continue to get stronger over the first 24 hours. Please do not chew on your new fillings for 24 hours; liquid and totally soft foods are best. Do not attempt to chew hard foods on the “other” side as you can easily forget and over-stress the new fillings, causing a crack or failure that may not become evident for days, weeks, or years. Remember, always, that chewing on hard foods, like nuts, bones, corn nuts, and ice, can break teeth, so they should be avoided.

Sensitivity:

Teeth with new fillings are often sensitive to hot and cold. This sensitivity should settle down over the next few days; if it does not, please contact us. As the bite “settles in”, too hard a bite on the new fillings can cause sensitivity. Please inform us of any sensitivity or bite problems. Please use only toothpaste with a high level of fluoride for desensitization and protection. We can provide you with Fluoridex. (Avoid toothpastes with tartar control, baking soda and whitening.)

Recalls:

Please visit us at regular 3-month or 6-months recall periods. Often, problems that are developing around the restorations can be found at an early stage and corrected easily. Waiting for a longer time may require re-doing the entire restoration or a larger restorative procedure.

Preventative Procedures:

Use the following procedures to protect your teeth:

- a. Brush twice daily; brush and floss at bedtime.
- b. Use high-level fluoride toothpaste (from us or by prescription) and possibly a fluoride rinse.
- c. Avoid hard foods and acidic drinks (sodas, energy drinks, sports drinks, etc)

The Future:

Small silver amalgams and composite restorations should serve for many years in your mouth. However, large restorations may break or the tooth structure around them may break in the future. In this event, the involved tooth or teeth will require a crown (cap) for optimum strength.

Problems:

If any of the following problems occur, contact us immediately to avoid further problems:

- a. A feeling of movement or looseness in the restoration or tooth.
- b. Sensitivity to sweet foods.
- c. A peculiar taste from the restoration site.
- d. Breakage of a piece of material from the restoration.
- e. Breakage of tooth structure.

We have done our best to provide you with the finest quality oral restorations available today. However, as with a fine automobile or watch, only your continuous care and concern can assure optimum service and longevity.

Thank you,
Dr. Bob Finkel & Staff