

## FAQ's About White Fillings

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### **What is a White Filling?**

*A white filling is a “composite” or tooth colored filling that builds back missing tooth structure to its original form.*

### **What material is in a White Filling?**

*A white filling is a mixture of a tooth colored resin with clear glass particles that give it strength.*

### **What are the benefits of a White Filling?**

*White fillings come in many shades so they very closely match the color of natural teeth. They are bonded into place and require less removal of healthy tooth structure than silver fillings.*

### **What are the risks of a White Filling?**

*As with any filling, having a white filling involves some inherent risks both to the remaining tooth structure and to the white filling itself:*

- *White fillings require removal of decay which necessarily reduces remaining tooth structure*
- *White fillings may fracture; the larger the white fillings, the greater the risk of fracture*
- *White fillings may decay around the edge of the filling if your dentist is unable to keep the tooth clean and dry while placing the white filling*
- *Preparing for and placing a white filling can irritate the tooth and cause “post-operative” sensitivity which may last for up to 3 months*
- *Teeth which have had white fillings may need a root canal treatment less than 1% of the time during the lifetime of the tooth*

### **What are the alternatives to having a White Filling?**

*The alternatives to having a white filling are:*

1. *Having a silver filling or “amalgam” placed*
2. *Having a gold or porcelain inlay/onlay restoration placed*

### **How can an existing bite affect a White Filling?**

- *Excessive biting forces or untreated bite problems may lead to the white filling breaking or loosening*
- *Excessive biting forces or untreated bite problems may lead to the tooth in which the white filling has been placed breaking or loosening*

### **Are there any post-treatment restrictions once I have a White Filling?**

- *A white filling may have a good color match with your natural tooth when it is placed but less of a match as your natural tooth ages*
- *White fillings can collect stain over time from foods such as black tea, coffee and wine*
- *White fillings may chip or break if used for abnormal activities (e.g. biting fishing line, sewing thread or finger nails, opening bottles)*