



truly

Fillings  
Healing & Aftercare

# Remember—your new *filling* is a sign you are wise.

Congratulations! By attending today and restoring your teeth with dental fillings at Truly you have taken timely and proactive steps to conserve and protect your natural teeth and radiant smile against wear, damage and infection. Your wise decision is an investment into your present and future overall oral health, welfare and appearance.

Dental fillings can be required to restore parts of your outer tooth surface structure that have become lost for any number of reasons, including the action of tooth decay, accident or injury leading to chipped, damaged or broken teeth, or simply natural wear and tear as we age. Our teeth are one of the hardest working systems in our bodies; they are one of the chief ways in which we interact with our world every day, and they require our active intervention and protection to keep them functioning at top performance throughout our life.

The process of placing a new dental filling always includes the thorough and meticulous removal of any decay which has formed a cavity in your tooth, after which the area is carefully cleaned and sterilized before your final dental filling is placed and shaped to protect the tooth interior. At Truly we know that it is the consistent, everyday decisions, the moments where we choose good habits again and again, that really make the difference in a lifetime of oral health,

and so we thank you for the immense privilege of trusting us to serve your dental and oral health care needs. In choosing to have your teeth restored using the most hi-tech, modern dental technologies and materials available, with our highly qualified dental team placing your filling today, you will reap a multitude of far-reaching benefits to your day-to-day quality of life.

## The benefits of fillings include:

- 1 Reduced plaque and tartar build-up through restoring worn down, damaged or cavity-affected teeth with smooth, polished dental fillings—greatly easing the practice of consistent, effective oral hygiene which protects your entire mouth.
- 2 Enhanced confidence and the improved appearance of your smile through the use of discreet, attractive composite resin material precisely colour matched to your natural tooth colour.
- 3 A regular, natural tooth structure means less trapping of food and build-up of plaque, which on top of beneficially reducing your risk of tooth or gum disease, will leave you with overall fresher, healthier breath.
- 4 Prolonged lifespan of your teeth through eradication of tooth decay and bacteria, helping you to avoid invasive and lengthy dental procedures into the future.

- 5 You can eat with conviction while experiencing the preservation of the health and strength of your natural tooth structure offered by dental fillings, while improving the overall function, bite and chewing ability of your treated teeth.
- 6 Enjoy increased whole-mouth oral comfort and relaxation, through the reduction of tooth sensitivity and pain from damaged or decayed teeth.

## *A little unsure? Don't worry, here's what to expect for the next 48 hours:*

**We use a highly effective local anaesthetic to ensure you do not experience any pain during the procedure.**

Numbness can last for up to 8 hours following treatment. Please take great care not to bite or chew your numb cheek, lip or tongue during this period as you may injure yourself unknowingly. Avoid hot food and drinks while the numbing wears off following your visit, until your sensation has returned to normal. The new shape, size or contour of your tooth, compared to how it felt before, may feel strange against your tongue for the first 48 hours or so following your appointment. However, you will naturally become accustomed to this after a short period of time. It will quickly begin to feel normal to you and you will cease noticing it.

**When a dental filling is required close to the gum line, the process of polishing your filling to a high lustre after placing it can result in the gum around the filling becoming red and tender.**

Similarly, the area in which local anaesthetic was placed will be slightly raw. If you are experiencing tooth or gum sensitivity, you can use a desensitising toothpaste (such as Sensodyne) when brushing your teeth in the week or so

following your procedure. To ensure adequate healing of the gum tissue you can also mix a 1/2 teaspoon of salt with warm water, particularly if experiencing sensitivity. Rinse around the tooth and spit it out when finished. You may notice some fragments of the bonding material (used to adhere your filling to your original tooth) come away from the procedure site into your mouth up to several days after your appointment. This is absolutely nothing to worry about. These are simply excess flakes of the bonding material, not fragments of the filling itself and do not mean that your filling is in any danger of moving.

## *How to get the most from your fillings, longterm:*

Where a filling is required between two adjacent teeth, after placement you may notice it has changed how easily you can pass dental floss between the two teeth. It is not damaging to the teeth or new filling in any way to continue flossing in this area, and indeed you must not neglect flossing between these teeth or you may experience new decay here in the future.

### **1 | You may experience some sensitivity or tenderness for weeks up to several months following your filling.**

In the process of cleaning decay from your tooth, a high-speed turbine instrument is used and the vibrations from this instrument can cause the nerve in your tooth to become temporarily irritated.

This is also more likely to happen where there is deep decay or if you were already experiencing sensitivity or pain from your tooth prior to the dental filling being placed, as the nerve is already irritated. In such cases, mild to moderate sensitivity should be expected until the nerve in your tooth calms down and returns to absolute health.

- 2 If you experiencing some discomfort or sensitivity (particularly to hot and cold or when biting down on the filling-treated tooth) you can continue to use a desensitising toothpaste, such as Sensodyne to help ease any discomfort until the body's natural healing process has completed.
- 3 Your dentist will warn you at your appointment if your filling is likely to experience very high loads when biting or chewing (e.g. a large filling on a broken down back tooth, or a filling on the biting edge of a front tooth which naturally has very little support) In cases like these you must take extra care when eating hard or crunchy foods, for example, apples, crusty bread or nuts, as these activities can put excessive strain on the filling-tooth interface and in some cases may cause the filling to break or crack prematurely.
- 4 Always contact your dentist as soon as possible if you experience damage to your filling, or if it moves up out of position or away from your tooth, as cracked or gaping fillings create an opening to trap food and a build-up of plaque and bacteria against your natural tooth structure or gum. Like your own natural tooth structure, your dental filling is prone to staining from contact with highly pigmented substances. It is best to reduce your consumption of tea, coffee, red wine, food with artificial colouring, and habits such as smoking to maintain the shiny white appearance of your new fillings.
- 5 **Eat a balanced diet and avoid a high frequency of sugar intake. If you are having something sweet, eat or drink this after a meal rather than snacking over a prolonged period.**

This will help prevent dental decay, as the more often you ingest sugar the more often you feed the bacteria found in your mouth the substance it needs to create damaging by-products for your teeth and gums.
- 6 Maintaining excellent oral hygiene will prolong the lifespan of your fillings, in addition to boosting your overall resistance to tooth and gum disease. It is essential that you brush at least twice per day and floss on a daily basis.
- 7 Attend your 6 monthly dental check-ups and regular scale and polish treatments, to maximize the impact of your procedure today and the lifespan and appearance of not only your new dental fillings, but your overall oral health and bright smile.

Join the club at [trulydental.ie](https://trulydental.ie) and book your mouth a wellness retreat.

**truly**

Opening Hours

Mon to Fri 08:00 – 20:00

Sat to Sun 11:00 – 18:00

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