

# The Parkstone Dental Practice

## White Composite Fillings

### *What are they?*

A filling replaces part of a tooth that has been lost because of decay or through accidental damage.

You may hear the dentist talk about 'composites', 'glass ionomers' – these are different types of white filling. These are modern alternatives to amalgam which is a black/grey colour and contains mercury.

### *What are the benefits?*

Unlike amalgam fillings, white composite filling material sticks to teeth and can form edges, so it may be effectively used to repair front teeth that are chipped, broken, decayed or worn. It can also be used as a temporary 'veneer' to cover marks or discolouration that cleaning won't remove.

White composite fillings are less noticeable than amalgam fillings, which turn black in the mouth. White fillings come in a range of shades so they can be matched to the colour of your own teeth.

A tooth needs less preparation for a white composite filling than for a silver filling. It is therefore less destructive.

White composite fillings can be used in back teeth if there is not too much decay or damage. White composite fillings tend to take more time to place than silver (amalgam fillings)

White composite fillings are useful in teeth with fractures. The filling is bonded in place which helps restore the integrity of the tooth. Conversely amalgam fillings act like a wedge in the cavity and commonly cause fractures in the long term.

There are possible health risks associated with amalgam fillings as the filling contains free mercury. This is a source of debate.

If you have any questions regarding any of these points above or you require any further information about dental filling materials please feel free to ask one of the clinical members of staff or your Dentist. We are happy to discuss this further.



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