

# DENTAL RESTORATIONS





## WHAT ARE RESTORATIONS?

Restorations or otherwise known as fillings are placed on teeth when teeth have decayed or fractured. The restorations placed on the teeth differ mostly according to the extent at which the tooth has decayed or fractured. Under the Moto Health Classic option, three fillings are covered per visit. There are different types of restorative materials to be placed on the teeth. A filling is a way to restore a tooth damaged by decay back to its normal function and shape. The dentist will remove the decayed tooth material, cleans the affected area and then fills the cleaned out cavity with a filling material.

### 1. Composite material (fillings)

- Made of plastic and fine glass particles.
- Last for at least 5 year.

This is mostly for teeth with shallow cavities extending into the enamel and slightly into the dentine. This type of restoration material has different shades to go with different colours of teeth. The Dentist will usually choose the material that looks like the patient's teeth, to make them look more natural.

#### Advantages

- Matches the colour of your teeth.
- Can bond to your teeth.
- Less drilling involved.
- Can be repaired.
- Good longevity.

#### Disadvantages

- Technique sensitive
- Placement takes longer than amalgam.
- Meticulous oral hygiene maintenance required.
- Tend to wear out sooner due to grinding & chewing.

## 2. Amalgam material (fillings)

These are the silver looking restorations placed on the teeth, mostly on very deep or large cavities extending into dentin layer of the teeth.

- Amalgam fillings are used in the back teeth.
- The duration of the amalgam fillings can be up to 10 years.



### Advantages of Amalgam Fillings

- Are stronger as they can withstand the forces of chewing.
- Less costly than the alternatives.
- Can be completed in one visit.

### Disadvantages

- Amalgam fillings do not match the colour of your teeth.
- Can tarnish over time.
- Non-bonded.

## What are cavities?

A cavity is a hole left behind after tooth decay destroys part of a tooth. Symptoms may include toothache, sensitivity to sweet/hot/cold food & drinks, and pain when chewing. Cavities can be prevented by brushing and flossing daily & dental visits twice a year for cleaning and checkups.

