

Porcelain Veneers

- Require at least 0.5mm of tooth reduction, so porcelain veneers are NOT considered a reversible form of treatment.
- The laboratory time required for the fabrication of a Porcelain Veneer is approximately two weeks.
- Between your preparation visit and the insertion visit, you can expect some sensitivity to hot and cold. This is normal and is due to the preparation of the enamel covering of the tooth. This sensitivity should disappear after the placement of your Porcelain Veneer.
- Your second visit is the insertion of your veneer. The veneers are placed with a light sensitive resin that is hardened by using a blue light.
- Once placed your veneers are very strong and will resist most of the forces placed upon them by a normal diet. Porcelain has great crushing strength but poor tensile strength. Therefore, you should avoid anything that will tend to twist the veneer.

Maintenance of Your New Porcelain Veneers :

The maintenance of your Porcelain Veneer is relatively simple.

Porcelain Laminate Veneers are typically the kindest restoration to the gum tissues that we currently have available to us. Do not be afraid that you will damage your veneers by either flossing or brushing. Any non-abrasive tooth paste is acceptable. A good home care regimen

will insure the aesthetic success of your veneer restorations for years to come.

Some sensitivity to hot and cold may be experienced after the placement of your veneers. This relates to the amount of enamel left on your tooth after preparation, the proximity of the nerve as well as several other factors. Some sensitivity is absolutely normal and usually dissipates after one-two weeks.

Crowns

Some of the indications for a crown are:

1. A previously filled tooth where there now exists more filling than tooth. The existing tooth structure becomes weakened and can no longer support the filling.
2. Extensive damage by decay, discolouration and compromised aesthetics (appearance).
3. Fractures
4. Root canal - After root canal, teeth tend to become brittle and are more apt to fracture. They, therefore, need to be protected by a crown.

Crowns can protect the remaining tooth structure and can improve the appearance of your teeth.



Crowns can be made from different materials, which include the full porcelain crown, the porcelain fused-to-metal crown and the

all-metal crown. Fitting a crown requires at least two appointments.

During your first visit, the tooth is prepared for the crown, an impression or mould is made of the tooth, and a temporary crown is placed over the prepared tooth. At the subsequent visit, the temporary crown is removed and the final crown is fitted and adjusted and cemented into place.

Bridges

The loss of a single tooth can have a major impact on your dental health and personal appearance. Your teeth support and rely on each other. When one or more teeth are missing, the remaining teeth can shift out of their normal position. Teeth adjacent to the space or from the opposite jaw will often drift or tilt. These teeth are often more susceptible to decay and gum disease because they are more difficult to clean around. All of this shifting and drifting will lead to changes in the bite, which may put stress on the jaws, muscles and teeth. Ultimately, your ability to chew comfortably and your appearance may be affected.

If tooth loss occurs, your dentist may recommend that a bridge be placed. A bridge consists of a replacement tooth/teeth attached to teeth on one or both sides. The bridge is cemented to the teeth adjacent to the space, effectively replacing the missing tooth and preventing any shifting.

The procedures involved in making a bridge are very similar to those for making a crown.

White Fillings

In the past, teeth were most commonly repaired with amalgam (silver) fillings or gold restorations. Thanks to advances in modern dental materials and techniques, teeth can be restored with a more aesthetic and natural appearance. There are different types of cosmetic fillings currently available. The type used will depend on the location of the tooth and the amount of tooth structure that needs to be repaired

Direct Composite

The simplest form of 'white filling' is technically called a **Composite**. It is made up of a composite quartz resin and usually contains some sort of light sensitive agent.

These light cured composites are extremely cosmetic and most often bonded into place in one appointment.



They can be used in both the front of the mouth as well as in your back teeth. These materials come in a variety of shades so that they will match the colour of your own teeth. Some of these composite materials have been specifically designed to actually withstand the incredible forces you can exert when chewing on your back teeth. In order to bond a filling material to your tooth it is first necessary to remove decay, prepare the tooth and then to condition the enamel and dentin. Once conditioned, a thin resin is applied which bonds to the etched surface. The bond strength of these fillings is incredible. Today we

can bond plastics and even amalgam (silver fillings) to your teeth. Bonding increases the strength of these restorations far beyond those of only a short time ago.

The light instantly hardens these fillings. Your teeth may experience some degree of temperature sensitivity for a few days to a week. If it does not disappear within that period of time, contact your dentist.

Indirect Composite/Porcelain Inlay

The other type of 'white filling' is called a **Composite or Porcelain Inlay**.



These fillings are usually placed in back teeth when aesthetics is of utmost concern. In order to increase their strength and longevity, they are fabricated in the laboratory and then bonded into

position in the surgery.

This is a two visit procedure rather than the one visit required to place a composite filling. However, when it comes to strength and cosmetics, the extra time and expense is well worth it!

Addison Dental Practice
31, Redhill Road
West Heath
Birmingham
B31 3JS

www.addisondental.co.uk

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