



# THE FACTS ABOUT DENTAL FILLINGS

Chances are— at some point in your life— you’re going to need a cavity filled. ‘Course we hope that’s not the case but...it can definitely happen. Did you know there are several materials dentists use to fill cavities? Find out about the different types so you’re in-the-know before you go!



## Cast Gold Fillings

**PROS:** Durable. They last 10-15 years or longer and usually outlast composite (tooth-colored) fillings. Strong. They hold up against food and chewing.

**CONS:** Expense. They cost more —around 10 times higher than silver amalgam fillings. require more office visits. It takes at least two office visits to place cast gold fillings.



## Silver Fillings (also called Amalgams)

**PROS:** Durable. They last 10-15 years or longer and usually outlast composite (tooth-colored) fillings. Strong. They hold up against food and chewing. Expense. They aren’t as expensive as composite fillings.

**CONS:** Discoloration. They can make the tooth have a grayish color. Cracks in teeth. Amalgam material tends to expand and contract to a wider degree when exposed to hot and cold liquids. This can lead to a higher frequency of cracks and fractures.



## Tooth-Colored Composites

**PROS:** Aesthetics. The shade can be closely matched to the color of your teeth. Composites are great for front teeth or visible parts of teeth. Support. These fillings actually bond to tooth structure, providing further support. Keep more of the tooth. Unlike metal fillings, composites require less tooth structure to be removed compared with amalgam fillings when removing decay to prepare for the filling.

**CONS:** Not as durable. Composite fillings wear out sooner than amalgam or cast gold fillings (five years vs. 10 to 15 for amalgams). They’re also somewhat weaker under the pressure of chewing. Chipping. Composite materials can sometimes chip off the tooth, requiring visits back to the dentist. Expense. These fillings can cost up to twice as much as amalgam fillings.

These are the most common and popular types of filling materials. There are others, such as ceramic and glass ionomer. Talk with your dentist if the time comes that you need a filling. Together, you can decide the best type of filling for you.

\*Solstice\* is the brand name for plans, products, and services provided by the subsidiaries and affiliate companies of Solstice Benefits, Inc. Plans, products, and services are provided by one or more Solstice entities. Not all plans, products, and services are available in each state. Solstice legal entities include: Solstice Benefits, Inc., Solstice Health Insurance Company, Solstice Healthplans, Inc., Solstice Healthplans of Arizona, Inc., Solstice Healthplans of Colorado, Inc., Solstice of Illinois, Inc., Solstice Healthplans of Ohio, Inc., Solstice Healthplans of Texas, Inc., Solstice of New York, Inc., Solstice Administrators, Inc., Solstice Administrators of Alabama, Inc., Solstice of Minnesota, Inc., Solstice Administrators of Missouri, Inc., Solstice Administrators of North Carolina, Inc., Claims Management Systems, Inc. Administrative Office for all Solstice entities: 7901 SW 6th Ct., Ste. 400, Plantation, FL 33324. 954.3701700. www.solsticebenefits.com