

## Episode 2 Transcription

6-5-2015

1. Hey Shea! This is Dr. Chris. I am here to answer your question that you posted on the 27th of May. You said you went to your dentist and you had 5 fillings done. By the time she got to the two bottom fillings there was significant pain while she was working on you. First of all, you should not feel pain while someone is working on you. That is highly unusual. You should be numb and if you are not numb the dentist should stop. If you feel something they should numb you up more. Now, regardless you got through it somehow and the pain never went away. You mentioned it being a sharp constant pain. All I can tell you is that I assume it was probably large silver mercury filling before. I do not have any history on that but a large silver mercury filling usually creates fracture lines over time. If you work on a tooth that has large silver mercury fillings in them and there are fracture lines in the tooth, it is pretty common to have the fracture lines actually spread. If you are putting a filling inside a tooth that has fractures in it you are going to wedge it a part even further. So hopefully you realize that you have to go see your dentist again and she can look at this and she can decide if there is a fracture line that you need a full coverage restoration or a crown/cap to try and hold the fractures together so the tooth does not bend and fracture in half. Also, this is a common situation where even a crown does not always solve the problem. In that case you are probably going to be looking at a slight possibility of needing a root canal. This also isn't 100 percent successful due to the fact that there is a fracture. So, go back to your dentist. She needs to take a look at it, you shouldn't be in pain. She will take an x-ray and she will also look at the tooth. It is hard to see a fracture, but often you will need a full coverage restoration. That is your best bet at this point. I hope that helps!

Keep Smiling! Talk to you soon!

2. Hi Katherine! This is Dr. Chris. I read your comment in regards to the crown that you had placed about a year ago that had never felt right, or looked right to you. And now it has been a year and you have complained about it a couple of times and the dentist essentially said that, from what I can gather, "it is going to hurt for a while and it is going to get better." My take on that first of all that crowns should not always hurt. It is actually very rare that you get a crown restoration done and it hurts. It can happen but it is very unlikely and it certainly should get better quite rapidly. Secondly, you mentioned that there is a gap between the gums and your tooth and your floss gets stuck in it. So if you can see a gap and your floss gets stuck in it that is not a good thing. The crown needs to fit on your tooth just like a normal tooth would. You should not be able to feel a gap or see a gap for that matter. That hints on the fact that it is not fitted all the way down. Thirdly, you mentioned that it feels like it is a lot bigger than the old tooth. The tongue is an amazing thing. If it feels bigger it probably is

bigger. As far as it goes for crowns the smaller the better. You do not want a bigger crown. So, all these things that you mentioned to me are pointing towards there is probably something wrong with that crown. Waiting until it gets worse or you killed the tooth is not a good option. So I am disappointed to hear that your dentist did not address this in the last year even after you have mentioned it several times. So I suggest strongly that you get a second opinion. There are a lot of dentist out there that will take a quick look for you and tell you what they think. It can be completely anonymous. I do it all the time. We don't like to make anyone else look bad but we like to give you an honest opinion. So that is what you need to do, you need to go get a second opinion and then if you did comment about this to your dentist in the last year there is no such thing as 1 year warranty. The dentist can decide how long they would like to warrant it. Often we give lifetime warranty these days. Talk to your dentist if you have second opinion and there was a problem an x-ray is going to be taken. If it didn't fit all the way down it is going to be quite obvious on the x-ray and your dentist should take care of you. If they don't you are going to have to consider pursuing it a little further because quality care is important and you shouldn't be in pain. I hope this helps a little bit and I wish you a super summer! Keep smiling!

3. Hey Lori H! This is Dr. Hahn and I read your comment in regards to that tooth that you said on the lower left that had a piece of tooth missing. It was due to an amalgam filling as you pointed out. The x-ray shows no decay per your dentist. You also mentioned that your dentist filled it with a pulp cap and a small filling to protect the tooth. So, you mentioned the pain is back. You obviously need to go back to your dentist and discuss your options. I think because you had that tooth fracture from the amalgam filling that you now have a tooth that has multiple fractures in it that you can't even see. You definitely need to get that silver mercury filling out and you need to have something put in that is not going to do anymore damage. Maybe a white filling or a white core filling. Since it is fractured you do need something to hold the tooth together to prevent more fractures. The only thing we can do to hold the tooth together is a crown. I believe from what I can gather from your situation is that you will benefit from a crown restoration to hold the tooth together. You mentioned extraction to get rid of the pain. That is a very common response because tooth pain is awful and I can completely relate to wanting to get rid of the pain. But the long term consequences of losing a tooth are really bad especially a molar. Whatever you can do to prevent that tooth from being lost is going to be a huge benefit to you in the future. I do urge you not to go and get the tooth extracted but to look at the option of saving it, possibly a crown restoration. That should really solve your problem. Those pesky little silver mercury fillings do end up cracking a lot of teeth and we see this on a daily basis. I hope this helps and this is Dr. Hahn. I hope you were able to gather some information from what I told you. Keep on smiling! Bye!
4. Hi Susan! It is Dr. Chris and I read your comment about having those white fillings placed and the lower left fillings. You mentioned that they were very sensitive and there was a lot of pain. You went back to your dentist and your dentist told you

something in the form of maybe the composite didn't cure completely and they used the light on the tooth again to try to harden it. That is an interesting question. I have actually never had this question before so I am going to give you my take on it. First, if you feel that you didn't fill composite completely and you wait for an entire day the chances of that doing anything is pretty poor. Considering that there was already a lot of leakage underneath that tooth. The bond was contaminated and the materials were contaminated. I don't see how curing a day later is going to make any difference in regards to the bond. The bond was compromised if it was cured. In other words it is useless and no good. The second thing that also concerns me because obviously there is some lack of understanding on how bonding works. If your tooth is very sensitive to hot and cold and you had silver mercury filling in there before there is only two options. First, it could be that the bonding was not done correctly, maybe there was moisture contamination, and maybe there was not enough curing as the dentist mentioned themselves. Maybe there was bulk curing, meaning there was too much material harden at one time that makes it shrink and it can actually pull on the tooth and that can cause sensitivity. The tooth could have been fractured due to the silver mercury filling in the first place, which is very common as well and the fracture line could be causing sensitivity. So, it is a quite complex situation and what you need to do is decide do you have faith and trust in that dentist? You need to be completely comfortable with believing that the dentist knows how to do good bonded restorations. If the restoration isn't bonded correctly, it doesn't matter what you do it is going to be sensitive and it's going to fail. Then, they will want to do a root canal and a crown. So, first and foremost you need someone that understands how to do white fillings. That is my recommendation for you and it is a tough one because it is not an easy situation for you. You are probably going to have to go talk to your dentist and ask them to redo the filling and you will not know if it is done right the second time either. You could also decide that maybe this is not the dentist for you and go find yourself a dentist that is more advanced in the art of cosmetic dentistry. I always recommend going to the AACD.com and searching for accredited cosmetic dentist in your area. They certainly have the most advanced training in cosmetic dentistry and if they can't do it then it is pretty much not going to happen. They are the experts in the field and if they can't do it then there is obviously something else that needs to be done. Go check out AACD.com and see if you can find a dentist in your area to get a second opinion. Talk to your dentist, but it sounds like there is a bonding issue to me. There is also a confidence issue that you need to address now. Hopefully that helps a little bit. Thanks for contacting me. This is Dr. Chris and thanks for listening to my podcast blog.

5. Hi Mandy! This is Dr. Chris and I read your question about tooth number twelve. You mentioned you had a deep filling and that the filling was painful. The dentist did the filling and then it was fine for little bit time, but now it started acting up again. You also mentioned that when you tap on the tooth it feels a little funny it doesn't really hurt but

it feels like there's pressure in it. You were hoping it was not a root canal problem. I'm going to give you the differential diagnoses that I would look at and one of those unfortunately is that the root is on its way out. Now, you mentioned the bite seems to be feeling okay when you bite together it doesn't feel like you're hitting it. I would first and foremost have the dentist check the bite and make sure that the movements or the excursive of movements and how the teeth touch are not interfering. That would be the easiest solution, adjusting the bite and the movements on the tooth. Secondly, if that does not do it you do need to have an x-ray taken and the dentist will be able to look at the root to see if there is any type of infection that is forming. It does sound like the tooth is giving up the ghost. I can't sugarcoat it any other way, but what you're talking about is most likely a root canal problem. With a deep filling that is quite common and I would ask your dentist to look at that again and it's a pretty easy diagnosis because it is going to consistently get a little worse and pretty soon you will be able to see something on the x-ray probably going to be a little black outline around the root tip. Hopefully this helps. Go back to see your dentist and have them reevaluate it. I will cross my fingers for you that it is just a bite issue and not the root canal. This is Dr. Chris and I hope this is helpful to you and thanks for listening to this blog.

6. Dear Debbie, this is Dr. Chris I'm going to try address your lengthy comment about dentures, implants and the bad experience you had while going to low quality, low-cost dentists. It is sad you mentioned that you been back-and-forth 8 times trying to get this done correctly. You went through several different dentures and implants that didn't work and poor fitting dentistry on the other arch. You mentioned a bridge that you had done in a low-income dentist to save some money and it's a very common story and you unfortunately have had a terrible experience with this whole situation. I really can't comment on too much on what has happened, but I can give you the twenty+ year perspective of what happens on to a lot of patients just like you. That is you really do get what you pay for in dentistry unfortunately quality and dentistry is directly related to cost. It cost a lot of money for dentist to deliver quality care. We have to pick good dental lab technicians to do your dentistry and it's expensive to use quality materials. It's expensive to spend time on the case and to learn how to do it right. So at the end you did mention you wish you would've gone to the prosthodontics specialist in town who can help you. Yes, that's absolutely the right thing to do and the problem is you spent all of this money on these other dentist. They most likely will not give you back your money because they did their best and you know it was cheap dentistry they provided a level of care that was equivalent to what they were charging. Unfortunately, this happens every single day, so for future reference and for anybody who's listening to this it is real important that you make every effort to find the best dentist you can find to help you because you will never win with cheap dentistry. You are going to get what you pay for. Teeth and your smile, it's such an important thing and such an important part of you and it can really ruin your life. If you decide to save money by going to cheap dentist. I really hope that you can

spend some time reflecting on what happened and maybe save some money. Go to a quality dentist that will definitely be able to help you reverse all the problems you have had and work with your finances to make it work for you. Most of us dentist who deliver quality care will work with you and your finances we will not turn patients down. We will find a way to make it possible for you to get a beautiful functional smile. Well, I hope that helps and I wish you well. This is Dr. Chris, thank you guys for listening and hopefully this will help you all make the right decision picking a dentist.

7. Hey Stephanie! Dr. Christian Hahn and I am trying to answer your question about the veneers that were not working for you. You said they were popping off and breaking so you went with crowns instead. You liked your veneers better but they failed and now the crowns are ugly and not symmetrical. You wanted to know if I can recommend somebody Long Island that is a good cosmetic dentist that can help you and absolutely I can I can defiantly give you recommendation. To address the veneer issue, veneers are a fantastic way to restore teeth they shouldn't pop off and if they did pop off there was something wrong with the bonding process or the lab. So that is not something that happens very often at all. Secondly, crowns can be beautiful but they're much more aggressive than the veneers and aesthetically speaking you can get very similar results. So when you get crowns a dentist you should be able a will to try them in before the cement them just like the veneers. So patients shouldn't be surprised but looks like because you're not going to be presented was something you haven't actually seen. If you haven't seen before meaning the dentist just cemented the restorations and permanently cemented them and then told you here you go you are done. That is really not the standard of care you need to be at approve what goes in your mouth first. The color, shape all those good things. Most premium quality cosmetic dentist will actually perform the temporary procedure were that the teeth will look in the temporary phase the same or very similar to your final result so you can preview what it's going to look like in your mouth you can approve the shape you can approve the function and you can talk to your dentist about color. Then when you get your final restorations we will try them in. You will approve the color, shape and if you like it we will bond it and if not we make changes. So surprises really aren't hard for dentist. There's nothing really good about a surprise with a smile, especially if you don't like it. So that answers that question but for finding a cosmetic dentistry in your area the easiest way to do that is to go to [www.AACD.com](http://www.AACD.com) to see American Academy of cosmetic dentistry and then you go to find a cosmetic dentist and you put your ZIP Code and it will give you a list of all the members. Now the trick is to pick a member that's an accredited or fellow meaning a very advance accredited dentist. There's a lot in your area so accredited cosmetic dentist is going to be able to give you beautiful crowns, beautiful veneers this is their passion this is their forte. You are not going to have any problems with that. So I would go ahead a pick one from that list, you can't go wrong. I hope this helps and hopefully you will be able to find that perfect smile and get those crowns done correctly. Thank you for listening to this blog this is Dr.

Hahn and hopefully everybody else is able to understand that finding a good cosmetic dentist is really important and you should never be surprised with a smile.

8. Hi Karen! It is Dr. Christian and I wanted to address the question you had about the zirconia crown that you had placed, that was causing a lot of discomfort. You mentioned that your first dentist cemented it was really tight and it was keeping your mouth open. After complaining to the dentist the dentist got upset because they didn't want to adjust the crown. You went to another dentist who adjusted it and most of the pain went away, but you still feel that the contacts are very tight. Also, you mentioned that the zirconia crown doesn't seem to cover the margins or the area by the gum line. You were wondering if it can be replaced. To address your concern, zirconia is a type of porcelain and it's a fantastic material, it's highly biocompatible those are the good points. It is also really hard and hard to be adjusted, so often when a zirconia crown is cemented it is very difficult to actually see where it is touching. We mark the bite with a carbon paper material and it's hard to see on the zirconia crowns. With that being said, you still have to adjust until it feels perfect. If you hit a crown too heavy and you are biting on it a little hard you will kill the tooth or fracture something or break the opposing tooth.

So yes you definitely needed a very aggressive adjustment and you probably need another adjustment. Secondly, you ask can the contact areas between the crowns be adjusted? Unfortunately you cannot adjust the contacts between the teeth once the crown has been cemented. But the good news is as you mentioned it is certainly possible to remove the crown and put in a properly fitted restoration. Zirconium and porcelain are very similar materials. It is really not as critical what the material it is, but what the dentist are comfortable using and what skill level the technician who's making the crown has. So that again goes back to finding a quality cosmetic dentist. Who uses the quality technician to deliver quality dental care. It looks like your new dentist is on the path to doing it correctly for you make sure that when you do decide to get the new crown that it fits perfectly. You will be able to feel it before they cement it in. Often you don't even have to be numb to cement a zirconia crown. If you're not numb the benefits are that you can feel how it fits before this cement it permanently that's a huge thing. I hope that helps thanks for listening to this this blog this is Dr. Christian Hahn and I wish you all the best with that tooth, sounds like you're going to be just fine.

9. Hi Mohammed! This is Dr. Christian Hahn and I'm addressing a question about the tooth that broke because of decay from the side that never had any fillings before. Now it is very painful when you bite down on hard or semi hard things, but not terribly sensitive to hot or cold. What I think this is that you are describing is a clear case of your tooth is either bending or starting to crack. The reason I believe that is you had a large filling it undermined a large portion of your tooth and if I'm correct it probably is quite large tooth and what you doing is putting a whole bunch of filling material inside of a tooth leaving a small amount of tooth structure on either side on the outside and

inside that's actually tooth. That's not really great situation because now that you can bend and flex. The rule that I go by is if the filling that's inside the tooth is bigger than one third the whole width of the tooth then it's not going work then you need to go with something that is going to go around the outside of the tooth and hold the tooth together. If your filling is larger than that and you are biting down real hard and it's flexing or bending then you going have pain from biting. Also, if you put a large filling into a tooth made out of composite resin that hardened all in one big chunk it's actually going pull the tooth together the little pieces on the outside because it shrinks when you harden it and when you do that you put stress on the tooth and biting down on that can also cause pain. Either way it's either that the filling is too large or was created in a large chunk that's causing the tooth to be sensitive. To resolve that you need to either redo the filling if it's not too big and build it up in small increments correctly or you need to put something around tooth to hold it together. That's called a cusped coverage restoration, a crown, a cap online all those kind of restoration don't wait too long because this type of thing can stress a tooth out. It can break and it can result in a root canal problem down the line but the good news is that it's probably something you can get taken care of pretty quickly and it should feel really a lot better once you do one those two options that we talked about. I hope this helps and this is Dr. Christian Hahn this is my blog here to help you guys out and give you some answers to common questions the free leave a comment if you have any questions about your dental problems or things you've encountered or if you just need some help.