

Plano Dentist Reveals When Aging Fillings Actually Need Replacing

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Vitality Dental, a boutique restorative dentistry practice in Plano, is helping patients understand when 40-year-old fillings should be evaluated for replacement, using digital X-rays and intraoral scanning to assess older restorations backed by a 4.9-star rating across more than 1,000 verified Google reviews.

The question comes up often among longtime North Texas residents who have carried the same amalgam fillings since childhood. Old fillings do not last forever. Over decades, the seal between a filling and the tooth can break down, allowing bacteria to seep underneath and cause decay that is invisible to the naked eye. Cracks, wear and recurrent decay around aging restorations are among the most common reasons a filling placed in the 1980s may need attention today, often long before a patient feels pain. Metal fillings also expand and contract with hot and cold foods over the years, and that repeated stress can leave hairline fractures in the surrounding enamel.

That does not mean every old filling has to go. Many silver fillings placed decades ago are still sealing well and functioning fine, and replacing a filling that is doing its job only removes more healthy tooth. The goal is to tell the difference, which is why regular exams matter more than the age of the filling itself.

"A 40-year-old filling isn't automatically a problem, but it deserves a close look," said Dr. Andrew Kung, Fellow of the Academy of General Dentistry and lead dentist at Vitality Dental. "Our approach focuses on catching hidden decay and cracks early, conserving natural tooth structure and giving patients clear options rather than surprises down the road."

Vitality Dental applies a biomimetic philosophy to older restorations, preserving as much natural enamel as possible instead of defaulting to oversized crowns. When replacement is warranted, the practice uses conservative options such as composite bonding, inlays and onlays, or full crowns made from zirconia and lithium disilicate, depending on how much healthy tooth remains. Digital scanning captures a precise 3D map of the tooth, so replacement restorations fit accurately without traditional impression material and without the goop and gagging of older methods. Dr. Kung, who also holds a Fellowship in the International Congress of Oral Implantologists, handles complex restorative cases in-house that many practices refer out, sparing patients a drive across North Texas to coordinate between specialists.

Warning signs that an aging filling needs a professional evaluation include new sensitivity to temperature or pressure, a rough or chipped edge felt with the tongue, a visible dark line around the filling, or food that catches in the same spot. Any of these is a reason to book an exam rather than wait for pain to set in.

Patients across West Plano, East Plano and the greater North Dallas area who are wondering whether their aging fillings need replacement, or who want a second opinion on older restorative work near the Coit Road and Park Boulevard corridor, can schedule a comprehensive assessment with Vitality Dental at <https://www.vitalitydentaldfw.com>.

This information is provided for educational purposes only and is not a substitute for professional medical advice, diagnosis or treatment. Always consult a qualified healthcare provider for personal health decisions.

About Vitality Dental

Vitality Dental is a boutique, high-touch dental practice serving Plano, Texas and the surrounding North Dallas communities. The practice provides restorative, cosmetic, implant, preventive and emergency dentistry under one roof, with sedation options for anxious patients. Led by Dr. Andrew Kung, a Plano native and Fellow of the Academy of General Dentistry, Vitality Dental is located at 1220 Coit Rd # 106, Plano, TX 75075. For appointments, call (972) 964-3800 or visit <https://www.vitalitydentaldfw.com>.

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Vitality Dental

Vitality Dental is a boutique, high-touch practice?the antidote to the cold, corporate dental clinic. Whether you need a quick checkup or have put off a complex restorative procedure out of fear, Dr. Andrew Kung and his team listen without judgment.

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