

## **PATIENT ADVICE | "DAHL" TREATMENT OPTION FOR WORN TEETH**

### **Why might worn teeth be an issue?**

- Appearance
- Sensitivity to hot & cold
- Difficulty or discomfort when chewing
- Reduced lifespan of the teeth

### **Treatment options for worn teeth**

#### **Prevention of further tooth wear**

- Analysis of diet & reduction of erosive dietary factors
- Use of Fluoride rinses & Special toothpastes, eg Renamel
- If grinding at night is a factor then a plastic protective splint may be recommended

#### **Restoration of worn teeth**

- There are many options for restoring the worn teeth and rebuild them, these have been discussed already with you
- After careful deliberation we have decided to bond white composite filling to the worn teeth, using the "Dahl" technique.

### **What is the "Dahl" technique?**

This is a technique that has been successfully used for over 30 years. It is a less destructive treatment option, where there is little or no preparation to the teeth. The teeth will be built up using a tooth coloured white plastic filling material known as a dental composite.

### **What to expect**

- Initially the front teeth will feel high in the bite and your back teeth will not meet at all. This often takes 2 - 4 weeks to get used to, very occasionally longer.
- The bite might feel sore/uncomfortable initially, but you should soon get used to it.
- Your back teeth will come back together again over a period of 3-6 months. However in some patients this might be as little as a month, and in some as long as a year.
- In very few patients (2-4%) the back teeth may fail to come back into contact. This is normally not a concern, however it is, it is possible to bond composite or ceramic to the back teeth to bring them into contact.

**This treatment will have of course been fully explained to you already, however if you do have any further questions please do not hesitate to ask.**