

## English Script – *Needing a Filling*

*This script is the English version of a Sango video found online: <https://youtu.be/QRL1Thu43vQ>*

The germs that naturally live in your mouth break down the sugar in food and drink to produce an acid. The acid is so strong it weakens the hard, white outer layer of the tooth causing it to breakdown and weaken. After a while the tooth surface breaks down and becomes a hole. This 'hole' is often sensitive to hot and cold, or sweet foods and drinks.

It can no longer be reversed and must be filled to stop the damage and repair the tooth. The dentist may use an injection to 'numb' the tooth and area around the tooth so that the filling procedure is not painful. The injection may 'sting' a little at first and the tooth and gums, lips and sometimes tongue on this side of your mouth will start to feel very strange. 'Tingly, tight and then fat'. It will not look different, it will just feel different. It is important to leave this area alone. Do not scratch, poke or chew on these areas. The numb feeling will usually go within 1-2 hours and your feelings will return to normal. It is not unusual for you to experience a little discomfort following any dental procedure, but this should settle within a few days.

Once your tooth is 'numb', the dentist will use a high pressure water instrument (drill) to wash and clean out the germs. They will also use a slower instrument that vibrates and cleans out the inside of the tooth. They will use a lot of different instrument to scratch and scrape around the inside of the tooth until it is clean.

Once all the germs are removed, the 'hole' is then filled up. The dentist will place materials inside the tooth and set these with a special 'light' to make sure they are strong. They will check to make sure the filling is a perfect fit for your tooth and may ask you to chew onto a small piece of blue paper, and then polish the filling into shape. Your filling is now complete.

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