



# The Dentists

## **Protocols for safe Amalgam (Silver) Dental Filling Removal**

The following protocols for safe amalgam removal are based on the International Academy of Oral Medicine and Toxicology (IAOMT).

### **1. Keep the fillings cool during removal.**

High speed drills with copious water keeps the fillings and teeth cool. Fillings are drilled in such a way that they can be removed from the tooth in large chunks.

### **2. Use a Rubber Dam.**

This should be the most Basic requirement for all Amalgam removal. It blocks the back of the mouth and protects the throat from amalgam chips and Minimizes exposure to Mercury vapour.

### **3. Use High Volume Suction with water cooled drilling.**

The water suction tip should be kept to within 1 cm of the filling during the entire time the filling is removed. A second suction tip is place in the mouth under the rubber dam to control saliva build up and any leakage of water through the dam. Lots of water through the drill is necessary to keep the tooth cool. Amalgam is best removed by “Chunking”. This involves less drilling and thus less fine particles and vapor.

### **4. Provide an Alternative Source of air.**

This prevents breathing of mercury fumes. If Mercury fumes are breathed in then they can easily be transported to the brain. A small nose piece is placed over the nose and delivers pure oxygen.

### **5. Additional Air Purification.**

An Air filtering suction system placed close to the Patients mouth. It resembles an “Elephants Trunk”. This purifies the air of mercury vapour and amalgam particles. It’s a nice addition to the protocols but probably more important to the dentist and assistant.

## 5. Use intravenous Vitamin C.

Vitamin C's anti oxidant effects help to minimize the impact of any mercury that enters the blood stream. AN IV drip is placed with up to 30gms of vitamin C in 125 mls of sterile water. This drip will take about an hour. Some people ask if they can take oral Vitamin C instead. This is better than nothing but it is not possible to deliver a high dose orally.

Follow up Detoxification of mercury and other heavy metals, is also recommended. This can be provided by holistic health care providers. You may have your own otherwise a referral can be arranged.

## 6. Timing.

Based on the number and size of the amalgams in your mouth removal sequence is best worked out following the testing of the galvanic charges on the fillings. It is important to restrict the number of fillings removed in any appointment and to space out the time period between appointments. For someone with a lot of very large amalgam fillings it is best to take up to 9-12 months to complete treatment. Some people with several small to medium amalgam fillings amalgam removal can be completed in one appointment.

## What to expect following Amalgam Removal.

Teeth can be sensitive to bite and temperature changes. This usually subsides with time. When the new fillings are placed the bit is checked. Sometimes due to dumbness the bite may not be correct and it is not unusual to return for a follow up bit adjustment.

Some teeth with very large amalgam fillings the "nerve" in the tooth can be unhealthy and the treatment can stir up the nerve and cause the tooth to die. The Symptoms are a throbbing pain which can be brought on by warm /hot foods and liquids, or just a spontaneous throb. Unfortunately when this happens the best course of treatment is often extraction of the tooth. Most people's teeth will settle completely after 3-6 months.

