



Country Dental

Mount House,  
17 Mount Street,  
Hythe,  
Kent CT21 5NT

**Appointments:**  
01303 266657

**Opening times:**  
Monday to Friday  
9.00am to 1.00pm  
2.00pm to 6.00pm

Late evenings  
by appointment

[country-dental.co.uk](http://country-dental.co.uk)

[@CountryDentalHythe](https://www.instagram.com/CountryDentalHythe)

# Amalgam Removal

Dental amalgam is an alloy of silver, tin, zinc and copper. This is combined with mercury, creating an amalgam, approximately 50% of whose content is mercury.

The British Dental Association states that amalgam fillings are safe but, more recently, it has released a statement saying that more research needs to be carried out to ensure safety. They suggest that about 3% of the population are estimated to suffer from mercury sensitivity. Since they are concerned about pollution, some countries have banned the use of amalgam fillings.

Mercury from amalgam can easily enter the blood brain barrier and the placenta. It has, therefore, been advised that from July 2018, amalgam fillings are not placed in the teeth of pregnant or lactating women, or children under 15 years of age.

We are a mercury-free dental practice, which means we do not use any amalgam fillings. We do, however, offer elective amalgam removal.

At Country Dental we have adopted a strict protocol for all amalgam treatments and follow the guidelines set down by the IAOMT. We use a specialised scavenging system called Dental HG Flex Vac, which specifically removes any mercury vapour released on amalgam removal. The system also removes airborne viruses and bacteria, plating agents and many other particles. Our machine has a flexible vent hose which is placed close to the patient's mouth and removes vapours directly away from the source of contamination.



Other aspects of our treatment of amalgam removal are:

- Use of a rubber dam, an isolating sheet to collect particles of amalgam when they are removed, and/or a sectional clean-up aspirating tube
- Cape covering patients
- Provision of eye protection and nasal coverage as necessary
- Where possible, the use of more biocompatible materials which are free of BPA, Bis-GMA and Bisphenol A
- High-volume suction directly next to the tooth to remove mercury vapour and amalgam particles
- Cutting the filling into chunks before dislodging it, which minimises the drilling of the amalgam
- Use of plenty of cold water to keep the area cool and minimise mercury vapour
- Specialist detox mouthwash.

### Clean up sectional aspirator tube

As the amalgam and decay are removed, the contents go straight up the aspirator tube to prevent pieces being spread around the mouth.



### Material selection

We use, where possible, dental materials free of BPA, Bis-GMA and Bisphenol A. Some materials we use are fluoride free (these can be requested). Our aim is to replace the amalgam with those materials that are most bio-compatible.

### Post-operative care

We can advise patients post-operatively on their care and may refer patients to other colleagues such as nutritionists, acupuncturists and osteopaths, if we feel it is appropriate.

**If you wish to have your amalgam removed, please contact our reception and they can arrange a consultation appointment with one of our dentists.**