



Safe Mercury Amalgam Removal Protocol Information and Consent

For Clinically Necessary and/or Elective Replacement

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*Be advised that, as is the case with all dental procedures,
it is always your option to undergo no dental treatment at all.*

The safety of amalgam fillings –which contains 48%-52% mercury - represents an increasingly controversial topic in world dentistry. Sweden, Austria, Denmark, and Norway have banned amalgam fillings. In the United States, on June 4, 2008, the FDA reversed its previously pro-amalgam safety stand and warned on its website: “Dental amalgams contain mercury, which may have neuro-toxic effects on the nervous systems of developing children and fetuses.” The FDA revoked its 2008 warning in 2009. The political battle has since escalated.

The American Dental Association promotes amalgam fillings as standard of care dentistry. Dentists who place amalgam fillings do so in good faith, believing in the efficacy, safety, cost-effectiveness, and longevity of amalgams.

We encourage you to research the mercury issue for yourself.

Regardless of which side of the amalgam-safety controversy seems reasonable to you, *our* goal as dental providers is to offer the safest possible replacement as old silver fillings break down.

For OUR Safety

For us, exposure to ambient mercury is an occupational hazard. Our rubber-based masks have two filters, an outer one to trap mercury particulates that can lodge in our lungs during amalgam-removal and an inner one to filter mercury dust and vapor.

For YOUR Safety

A **NARROW, ROUND-TIP BUR** sections old amalgam fillings into the largest chunks possible and reduces release of mercury vapor, particulates, and dust.

A nosehood with a unidirectional, continual-flow **CLEAN AIR SOURCE** protects your *nasal* breathing area during the removal procedure. NOTE: we do NOT use oxygen for these procedures because it opens the blood brain barrier.

The **ISOLITE INTRA-ORAL PROTECTOR** connects directly to the high speed vac to protect your *oral* breathing area. We can also use Clean-Ups or a vinyl rubber dam.

Copious use of **OZONATED WATER** during amalgam removal suppresses mercury vapor, particulates, and dust, trapping amalgam debris in the Isolite suction system.

USP FOOD-GRADE, COCONUT-SHELL, ACTIVATED CHARCOAL SLURRY for rinse and swallow prior to amalgam removal coats tongue and tissues with tasteless black powder to prevent absorption of mercury debris into soft oral mucosa and digestive tract. (The slurry also absorbs birth control pills, antibiotics, chronic disease medication, etc. ingested two hours prior or two

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through leading-edge technology and personalized, comfortable care.

*Year after year: named by Consumers' Research Council of America to America's Top Dentists,
by Time Magazine and PennsylvaniaDoctorAwards to PA Best Doctors and Dental Award,
by Global Health and Pharma to Leading Dental Experts in Pennsylvania Award,
by City Beat News to Customer Satisfaction Outstanding Businesses Spectrum Award,
by Opencare to Patients' Choice Award, and by the International Association of Dentists to Top Dentists in Hatboro PA*

hours post. To avoid charcoal absorption of medications, rinse only. Charcoal does not absorb vitamin or mineral supplements.)

An **ORA-SHIELD DENTAL DAM NAPKIN** drapes facial skin. We provide **EYE PROTECTION**, a **FACIAL COVER** and a **PATIENT CAPE**.

LG-2 IONIZERS from AESI-Air Defense in the ceiling of each restorative operatory capture mercury debris. LG-2 Ionizers create a continuous electrophoresis effect, negatively ionizing ambient particles to drive them toward positively-charged field collectors that render them inert electrically. LG-2 Ionizers have been shown to reduce recordable ambient mercury levels to zero instantaneously. (They have also been shown to trap and neutralize airborne and blood borne pathogens, bacteria, pollen, allergens, hydro-carbons, and elemental metals, including particles too small for HEPA filters.)

The flexible, self-supporting suction arm of the **IQAIR DENTAL HG FLEXVAC** with HEPA filters positions near your mouth to capture mercury vapor, particulates, and dust, reducing measurable ambient mercury debris (as well as drill aerosols, VOC's, formalde-hyde, glutaraldehyde, dust, viruses, bacteria, microbial contaminates) to nearly zero.

Meticulous maintenance of equipment maximizes the efficiency of our technology, and we use ozonated water in our lines.

As post-removal protocol, we may apply **MEDICAL-GRADE OXYGEN-OZONE** to deep preparation sites after we have removed decay in order to kill bacteria, fungi, and viruses prior to restoration. (Meetinghouse Dental Care is a registered research facility, certified to participate in the national outcome study conducted by the American College of Integrative Medicine and Dentistry on dental applications of medical grade oxygen-ozone therapy. Medical-dental oxygen/ozone creates a therapeutic oxygen-rich environment that induces a multi-factorial positive biochemical/physiologic change in affected tissues and kills bacteria, viruses and fungi.)

We protect the environment with the **AMALGAMBOSS MERCURY SEPARATOR** installed on our wastewater lines. The AmalgamBoss extracts and contains mercury-amalgam fragments before they are released into the public water system. Pennsylvania does not yet require amalgam separators for dental offices, but approximately 64% of the mercury load on city wastewater management comes from dentistry. The AmalgamBoss tests at a 99%+ mercury capture rate to protect municipal sludge. (*NOTE: Research indicates that some 20 tons of mercury would not be discharged into the environment annually if every dental office had a separator installed on its water lines.*)

We have **HgX Mercury Decontaminant** from Acron.

Please be advised that replacing any filling material involves drilling out existing material, cleansing and drying the exposed area, and placing new materials. A tooth that starts comfortable can be rendered sensitive or even painful during the replacement process, regardless of replacement material chosen. If a tooth has been traumatized in the past, or if decay beneath an old dental restoration has drawn too near the nerve, root canal therapy (which we do not recommend) or extraction (which we do recommend) may become necessary.

There is no way to predict much less guarantee whose health may benefit from amalgam removal. Although one or more of your subjective or objective signs may resemble signs or symptoms of mercury toxicity, such signs do not necessarily mean you are suffering the effects of mercury toxicity. As dentists, we work with healthcare providers who refer patients for elective amalgam removal, but we ourselves limit patient advice to the oral cavity and related bones, nerves, and musculature. When existing amalgam fillings are mechanically intact, it must be your personal choice to have them replaced with other materials, whether for health or esthetic reasons

Whether clinically necessitated or elective, removing amalgam fillings *will* produce a transient increase in a person's exposure to mercury. As outlined above, we reduce exposure to guest and team through physical barriers and advanced technology. Nevertheless, a person who is mercury toxic or sensitive may experience an increase in both physical and emotional symptoms for an unpredictable period of time following an amalgam removal procedure. Nutritional and metabolic precautions can be taken to minimize this effect. If you are mercury toxic or sensitive, we suggest consultation with an integrative health practitioner experienced in mercury toxicity. If you are unsure whom to contact, ask us for a referral to a practitioner in your area.

CONSENT: Please sign consent sticker we provide. We attach it to your paper chart. The consent sticker indicates you've read and understood the above information regarding mercury-safe techniques and technology, that you've asked and received answers to any questions, and that you request and/or consent to the mercury-safe protocol for the restorative dental procedures you are undertaking according to the treatment plan devised by the doctors of Meetinghouse Dental Care.