

# Dental Amalgam Recommendations

Dental amalgam / uh-mal-guhm /, sometimes called "silver-fillings," is a mixture of mercury, silver, copper, tin, and zinc used to fill cavities in teeth.

## What Should I Know Before Getting A Dental Amalgam Filling?

Dental amalgam fillings may release small amounts of mercury in the form of a vapor (gas) that can enter the body through inhalation. While there are no known health risks associated with swallowing small particles of dental amalgam, breathing in mercury vapors may be harmful to certain groups of people. At this time, the FDA does not support a ban of the use of dental amalgam.

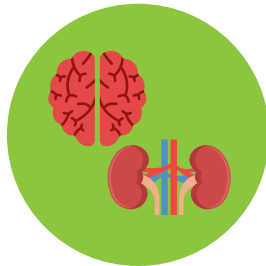


The FDA recommends that high-risk populations (listed below) avoid dental amalgam, if possible and appropriate. Talk to your dental provider about other available treatment options.

## Who Is High-Risk And Should Consider Other Treatment Options?



Children, especially those younger than six



People with neurological impairment or kidney dysfunction

## Should Dental Amalgam Fillings Be Removed?

If your filling is in good condition and your dentist or health care professional says there is no decay below the filling, the FDA recommends you **should not** have your amalgam filling removed, unless medically necessary.



People who are sensitive to mercury, silver, copper, tin, or zinc



Nursing mothers



Women who are pregnant or planning to become pregnant

