



Dr. Linda Golden—Minimizing Toxic Consequences: Safe Mercury Filling Removal Protocol

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The newest craze in the dentistry field is the removal of mercury fillings. While more and more dentists are offering this in-office procedure, there are only a handful of dentists that are truly schooled in the safe removal of these fillings. Recent reports indicate that many dental offices are not following a safety protocol in the removal of mercury/ amalgam fillings. Removal of mercury/ amalgam fillings is a process that is often more hazardous than having them put in. The primary hazard that exists comes from the large amount of mercury vapor released when fillings are yanked out. Without adherence to naturopathic measures, there can be toxic consequences for both dentist and patient.

In order to reduce the risk of mercury exposure and Hg toxins, it is essential that your dentist is following a safety protocol, such as those outlined by Dr. Bill Wolfe or Dr. Hal Huggins; both of whom have helped generate awareness around this topic throughout the nation for more than 30 years.

Some of the essential guidelines found to safeguard patients against exposure to and inhalation of poisonous mercury during removal include:

1. Having an initial consult to assess each patient's metal exposure and specific needs before, during and after the procedure.
2. Scheduling a vitamin C IV drip after removal to protect the body against heavy metals. This is discussed at the consultation and is also dependent on patient need.
3. Using a pre-removal protocol of holistic supports, like Quicksilver Scientific's IMD (Intestinal Metal Detox), done for one to four weeks prior to removal, depending again on individual patient need and determined based on blood work and consults with medical practitioner.
4. Keeping fillings cool for the entire procedure to significantly reduce mercury release.
5. Using an alternative source of air for patients, to be breathed through the nose.
6. Using a high-volume air suction evacuator to capture more mercury vapor and amalgam particles.
7. Using air purifiers and negative ion generators to minimize mercury in the air.

The International Academy of Oral Medicine and Toxicology and the Holistic Dental Association have further guidelines, including a post-removal rinse and covering the patient's face to avoid skin exposure, which can be found on their respective websites.

Unfortunate cases of unsafe amalgam filling removal have resulted in neurological, immunological and endocrinological problems; research has also found a strong link to Alzheimer's and Parkinson's disease. It is imperative that you are educated about safe mercury removal and know what to ask your dentist in order to discern whether he or she is following all protective measures. A long-practicing holistic dentist will be able to work with you and access specific needs.

