



The Microorganisms in our body

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All dental amalgam restorations, also commonly referred to as silver fillings, contain approximately 50% mercury, and reports and research are consistent that these fillings emit mercury vapors.

Scientific research demonstrates that dental mercury amalgam exposes dental professionals, dental staff, dental patients, and fetuses to releases of mercury vapor, mercury-containing particulate, and/or other forms of mercury contamination. Furthermore, mercury vapor is known to be released from dental mercury amalgam fillings at higher rates during brushing, cleaning, clenching of teeth, chewing, etc., and mercury is also known to be released during the placement, replacement, and removal of dental mercury amalgam fillings. Essentially, an unsafe amalgam removal process releases mercury vapor and particles that can be harmful to the patient, the dentist, the dental staff, and the environment.

Utilizing the most up-to-date science and research, the IAOMT has developed extensive safety recommendations for removal of existing dental mercury amalgam fillings, including detailed protective measures that are to be utilized for the procedure. The IAOMT's innovative recommendations build upon traditional safe amalgam removal techniques such as the use of masks, water irrigation, and high-volume suction by supplementing these conventional strategies with a number of additional protective measures, the need for which have only recently been identified in scientific research.



The IAOMT protocol recommendations for amalgam removal are known as the Safe Mercury Amalgam Removal Technique (SMART). These recommendations include the following measures:

The patient should be given a slurry of charcoal, chlorella, or similar adsorbent to rinse and swallow before the procedure (unless the patient declines or there are other contraindications making this clinically inappropriate), protective gown. Non-latex nitrile gloves should be utilized, Either a properly-sealed, respiratory grade mask rated to capture mercury or a positive pressure, properly-sealed mask providing air or oxygen should be worn by the dentist and all dental personnel in the room. In order to protect the patient's skin and clothing, a full body, impermeable barrier, as well as a full head/face/neck barrier under/around the dam, should be utilized. External air or oxygen delivered via a nasal mask for the patient also should be utilized to assure the patient does not inhale any mercury vapor or amalgam particulate during the procedure. A nasal cannula is an acceptable alternative for

this purpose as long as the patient's nose is completely covered with an impermeable barrier. A dental dam that is made with non-latex nitrile material should be placed and properly sealed in the patient's mouth. A saliva ejector should be placed under the dental dam to reduce mercury exposure to the patient. High speed evacuation and copious amounts of water to reduce heat

It is important to note that as a safety precaution, the IAOMT does not recommend amalgam filling removal for women who are pregnant or breast-feeding and that the IAOMT does not recommend that dental personnel who are pregnant or breast-feeding conduct work that disrupts amalgam fillings (including their removal).

Dr. Castillo is a member from the IAOMT and follows the SMART protocol highly recommended for mercury removal. For more information please call our office at 401-232-7777. The literature in this article was taken from The Safe Mercury Amalgam Removal Technique (SMART). Please follow the link below for full article.

To learn more about SMART and to see videos of SMART being applied in practice, visit www.thesmartchoice.com

To Learn the facts about dental mercury from the IAOMT, visit: <https://iaomt.org/resources/dental-mercury-facts/>

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