



## **WHY WE ONLY PLACE WHITE (RESIN) FILLINGS**

When most people think of fillings in their teeth, they picture the old “silver fillings” that have been around for over 150 years. Sure, they have been improved over the years, but basically, they are still a mixture of metals that are combined with an equal amount of mercury and are then condensed or packed into a hole in the tooth. These fillings have served us well as a dependable, fairly inexpensive and easy to use material.

### **DISADVANTAGES OF SILVER FILLINGS**

Unfortunately, silver fillings do have some serious shortcomings that patients and dentist have had to contend with because there was no other good alternative.

1. These fillings conducted cold and heat to the tooth and caused sensitivity.
2. They expanded and contracted to the temperature and caused cracks in the tooth over time.
3. Silver fillings only filled a hole in the tooth. They did not “bond” or strengthen the tooth.
4. The silver fillings oxidized (tarnished) over time and stained the tooth itself.
5. The silver fillings contain about 50% mercury. While I am NOT convinced that amalgam (silver fillings) is hazardous to your health, I would not choose to place these fillings in my children’s teeth.

### **ADVANTAGES OF WHITE (COMPOSITE RESIN) FILLINGS**

White (composite resin) fillings on the other hand:

1. Do not contain metal and help to insulate your tooth.
2. They are also BONDED to the tooth structure so that they hold the tooth together and actually strengthen the tooth.
3. Since these fillings are white, they brighten your tooth thus avoiding gray staining associated with amalgam fillings.
4. There is no mercury in composite resins.

### **FEES RELATED TO WHITE (COMPOSITE RESIN) FILLINGS**

It is much more difficult and time consuming to Bond and Polish these fillings vs. amalgam, but our fees for these fillings is very similar with that of amalgam fillings. Your insurance may indicate white fillings on back teeth are not covered, but they are required to pay the allowance for the silver fillings. Should these fees be lower it is because your insurance attempts to pay for the least expensive, average treatment on what they consider to be “clinically acceptable”. **You can be assured you will receive much more than just average treatment from anyone in this office!**

Should you have any questions, feel free to contact us...we are here to serve you.