

Did you know...

Removing a mercury amalgam filling can be dangerous. It is also true that keeping that same filling can increase your exposure to the toxic element, mercury.

What is a person to do?

First, do not allow a dentist to place a mercury filling in your or a loved one's teeth. Second, when you are ready, be sure your mercury fillings are removed by a dentist trained and committed to a "mercury safe" practice. "Mercury Safe" means the whole dental team knows the right ways to PROTECT the patient, the dental staff, and our planet.



How do you find a mercury-safe dentist?

Check out www.iabdm.org or call **281-651-1745**. The International Academy of Biological Dentistry and Medicine (IABDM) is dedicated to advancing excellence in the art and science of biological dentistry and encouraging the highest standards of ethical conduct and responsible patient care.

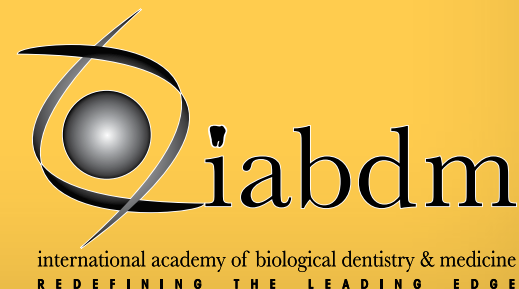
The IABDM supports clinical teamwork between biological dentists and like-minded health professionals to facilitate better overall health through:

- ▶ Mercury-safe dentistry.
- ▶ Individualized testing for biocompatibility of dental materials.
- ▶ Fluoride Free
- ▶ Cranio-sacral, osteopathic & other body work for effective treatment of TMD and malocclusion.
- ▶ Elimination of dental focal infections.

PROTECT PROTOCOL



**WHAT YOUR DENTIST MAY NOT KNOW
ABOUT "SAFE" MERCURY REMOVAL.
STEPS TO PROTECT THE PATIENT,
THE DENTAL STAFF AND THE PLANET.**



The Operatory

The room used to remove the mercury amalgams, needs to have adequate filtration and ventilation.

Requirements

- ▶ A high volume air filtration system designed to remove mercury.
- ▶ A negative ion generating/capturing device.
- ▶ A mercury vapor vacuum system placed approx. 1-3 inches from the tooth being revised.
- ▶ Copious amounts of water sprayed on the tooth to reduce heat and thus reduce vapors.
- ▶ High speed suction to remove mercury aerosol and water from the area. A "chunking" technique is employed to reduce drilling time. The restoration is quartered and removed in large pieces.
- ▶ Immediately after the last amalgam is out, all contaminated instruments are removed from the room and are wiped down with Mercon or Hg-X.
- ▶ After the procedure, all contaminated areas are wiped down with Mercon or Hg-X.

Suggested But Not a Requirement

A "Clean-up" suction tip on the end of the high speed suction device



The Staff

This includes everyone that will be in the room during the mercury removal. Everyone has protection!



Requirements:

- ▶ Disposable or washable gowns -To reduce exposure from mercury particulate generated during amalgam removal. These are removed immediately after the last amalgam is out. They can be either discarded or washed. If washed, they should be soaked in Hg-X powder before washing. After removal a new gown is used to complete the dental visit.
- ▶ Face shields must be worn if not wearing loops. Eye protection MUST be used.
- ▶ Hair coverings should be worn by all and removed after the last amalgam is out.
- ▶ Either a respiratory grade mask rated to capture mercury or a positive pressure, well-sealed mask providing air or oxygen are worn by personnel.
- ▶ All disposables are removed immediately after the last amalgam is out. Hands are washed and new gloves and jacket donned.
- ▶ During the maintenance of suction traps or handling of any mercury contaminants personnel must wear full personal protective equipment as described above.

Suggested but not a requirement:

- ▶ Hg-X crème used on hands and arms before donning gloves.
- ▶ Non-latex gloves are used when possible.

The Patient

Requirements:

- ▶ A non-latex dam placed properly over the teeth having revision.
- ▶ A plastic backed apron to cover the patient from head to toe. The face should be covered with only a hole for the mouth. All drapes are removed and disposed of immediately after the last amalgam is out. A new chest apron is placed to complete the revision.
- ▶ External air or oxygen delivered by a nasal mask to reduce inhalation of mercury vapors or particulate.



The Environment

Requirement:

A mercury separator to prevent contaminating the water/environment.

