



IMPLANT & COSMETIC DENTISTRY

YOUR PRE-APPOINTMENT GUIDE

MERCURY-FREE RESTORATION

WE UNDERSTAND YOUR CONCERNS

Thank you for choosing Natural Smiles for your mercury amalgam removal. We know you have done your research and have questions about the safety of your current fillings — and that is exactly the kind of informed, proactive thinking we respect.

At Natural Smiles, we have personally made the same choice you are about to make. For the last 20 years we have not used mercury amalgam in our patients, and we do not have mercury fillings ourselves. While the evidence about health risks remains inconclusive, we prefer not to use it — both clinically and personally.

This guide walks you through what the science actually shows, how we remove amalgam safely, and exactly what to expect at your appointment.

“For 20 years we have placed no mercury amalgam — and we removed our own. When you choose removal, you are making a thoughtful, informed decision, and we are here to execute it with the highest standard of care.”

20

YEARS AMALGAM-FREE

100%

MERCURY-FREE MATERIALS

1

SAFE-REMOVAL PROTOCOL

WHAT THE CLINICAL EVIDENCE SHOWS

It is important to understand the facts so you can feel confident in your decision.

MERCURY BINDING IN HARDENED AMALGAM

- ◆ Once amalgam sets — after 48 hours — mercury molecules become chemically bound into the solid structure.
- ◆ An oxide layer forms on the surface, acting as a physical barrier that prevents meaningful leakage.

WHAT LARGE-SCALE CLINICAL TRIALS SHOW

- ◆ The New England Children's Amalgam Trial (NECAT) studied sensitive populations and found no statistically significant adverse health effects.
- ◆ Outcomes measured — kidney function, neurological development and systemic health — all showed no meaningful differences.
- ◆ Large population reviews, including the FDA's 2019 systematic review, found no established link between amalgam and neurological disease, Multiple Sclerosis, Alzheimer's or other systemic conditions.

THE TESTING PROBLEM

- ◆ Common mercury tests can conflate exposure from multiple sources, such as dietary mercury from fish or seafood.
- ◆ This makes it difficult to isolate how much mercury, if any, actually comes from your fillings.

HEALTH IMPROVEMENTS AFTER REMOVAL?

There is no clinical evidence that removing existing amalgam fillings improves patient health outcomes.

Some patients report feeling better after removal. These improvements may reflect a placebo effect, or simply the benefit of addressing teeth that had older, deteriorating restorations — but they are not supported by clinical trials.

MERCURY EXPOSURE & VULNERABILITY



Here is what makes this more nuanced than “safe versus unsafe.” Mercury *is* released from amalgam fillings. The oxide layer that forms slows this significantly, but does not eliminate it entirely. Research shows measurable mercury in the urine and blood of people with amalgam restorations — the key question is whether those levels cause harm, and that depends on *who you are*.

WHO MAY BE MORE VULNERABLE?

PREGNANT WOMEN & DEVELOPING BABIES

Research shows mercury from amalgam can raise levels in pregnant women and potentially cross the placental barrier. The European Union restricted amalgam in pregnant and nursing mothers from 2018 on precautionary grounds, even though large trials have not established clear harm thresholds in this group.

YOUNG CHILDREN

Children's developing nervous systems are more sensitive to heavy-metal exposure. Research shows a direct relationship between the number of amalgam fillings in children and the mercury levels in their blood and urine — which is why many countries restrict amalgam use in young children.

PEOPLE WITH KIDNEY DISEASE

The kidneys excrete mercury. Those with compromised kidney function have a reduced ability to clear it, leading to higher accumulation; studies show a significant correlation between amalgam exposure and elevated urinary mercury in people with kidney impairment.

GENETIC VARIATIONS IN DETOXIFICATION

Variants in genes such as MTHFR, GSTP1 and metallothionein (MT1A) control detoxification pathways. Those with MTHFR mutations may have up to 50% reduced detoxification capacity, retaining more mercury. Re-analysis of clinical trials found boys with certain variants showed mercury-related neurological effects at exposure levels that appeared safe in the general population.

CUMULATIVE EXPOSURE

Mercury comes from multiple sources — certain fish, environmental pollution and amalgam. For some people the combined burden matters more than any single source: multiple amalgam restorations *and* other exposures can make your total mercury load more significant.

THE BOTTOM LINE

For most healthy adults with no other risk factors, mercury exposure from amalgam falls below levels known to cause documented disease. But exposure is not uniform across all people. If you belong to a vulnerable group — or you simply prefer to eliminate a source of mercury — that is a scientifically sound decision. This is exactly why we support your choice.

OUR PHILOSOPHY

WHY WE SUPPORT YOUR CHOICE



Even though the evidence does not show health risks from amalgam, **preference-based dentistry is legitimate**. If you prefer not to have mercury in your mouth — for peace of mind, alignment with your personal values, or simply because it feels right to you — that is a valid choice.

MODERN ALTERNATIVES ARE EXCELLENT



SUPERIOR AESTHETICS

Restorations matched precisely to your natural tooth colour, for a result that disappears into your smile.



EXCELLENT PERFORMANCE

Today's composite resins and ceramics deliver dependable, proven clinical performance.



LASTING LONGEVITY

Longevity that rivals — or exceeds — amalgam when the material is selected and placed correctly.

WE PRACTISE WHAT WE RECOMMEND

We removed our own amalgam fillings, and our team does not have mercury restorations. This reflects both our clinical philosophy and our personal values — so when you choose removal, you are in hands that have already made the same decision.

HOW WE REMOVE AMALGAM SAFELY

01

RUBBER DAM ISOLATION

We place a rubber dam around the tooth being treated. This isolates the area, prevents you from ingesting any mercury particles, and contains all debris.

02

HIGH-VOLUME SUCTION

Powerful suction continuously removes particles and mercury vapour throughout the procedure, minimising your exposure.

03

EFFICIENT REMOVAL

We remove as many amalgam restorations as is practical in a single appointment, minimising the total duration of removal and vapour generation.

04

CLINICAL MATERIAL SELECTION

We do not simply swap amalgam for composite. We select the material based on clinical evidence and the size and location of the cavity.

MATCHING MATERIAL TO CAVITY

CAVITY SIZE

MATERIAL & RATIONALE

SMALL CAVITY

Excellent aesthetics and ample longevity for smaller restorations — a discreet, durable result.

Tooth-coloured composite

LARGE CAVITY

Clinical evidence shows composite alone has limited longevity (around 5 years) in large restorations. Ceramic offers superior durability and function.

Ceramic restoration

Why this matters: we prioritise longevity and clinical function — meaning fewer replacements, better outcomes, and better value for you.

YOUR APPOINTMENT

WHAT TO EXPECT

1 ARRIVAL & PREPARATION

Please arrive 10 minutes early. We will review your medical history, discuss any concerns, and apply local anaesthetic.

2 DURING TREATMENT

You will feel pressure and vibration as we carefully remove the old filling. The rubber dam and high-volume suction remain in place throughout, and we work efficiently to minimise treatment time.

3 MATERIAL PLACEMENT

Once the cavity is clean, we place the restoration — composite or ceramic — based on clinical need. If ceramic is recommended, we may complete it same-day or schedule a second appointment for placement.

4 AFTER TREATMENT

You may notice slight sensitivity for a few days; avoid very hot or very cold food and drink for 24 hours. We will check your bite for comfort — and if you have any concerns, contact us immediately.

READY TO MOVE FORWARD?

We are confident this is the right choice for you. Our team is here to answer any remaining questions and ensure your experience is comfortable, safe, and aligned with your values. Contact us to book your consultation.

CORBY

01536 206 900

info@naturalsmiles.co.uk

NATURALSILES.CO.UK

Exceptional Dentistry · Exceptional Care

LEICESTER

0116 218 2181

hello@naturalsmiles.co.uk