



Silver Fillings (Amalgam) vs. White Fillings (Composite)

On August 21st, 1996 Health Canada recommended the reduction of dental amalgam in children provided the reduction could be achieved at a reasonable cost and without introducing other adverse affects. **We follow Health Canada guidelines.** However, in some situations the best material (most reliable and least expensive) is dental amalgam (silver fillings). We use dental amalgam only where it is technically and /or medically required. This is acceptable within the guidelines of Health Canada. This form gives you the information you may need to make and informed choice as to which filling material you prefer.

Amalgam (Silver Filling)

Advantages:

- . Material generally quite durable (grinders may be the exception)
- . Less expensive material
- . Takes less time to place the material
- . Most insurance companies cover the cost of silver fillings

Disadvantages:

- . Composition of silver fillings does include mercury
- . Grey color

White Fillings (Composite)

Advantages:

- . Appearance is very pleasing
- . Insurance companies usually cover this expense

Disadvantages:

- . Material tends to last shorter period of time versus amalgam, even with good oral hygiene.
- . Color darkens over time and the filling may need to be replaced or polished.
- . May produce more sensitivity than amalgam, which may increase the chance for root canal treatment or extraction of the tooth in the future.
- . More time consuming to place material
- . More expensive