

# The Battle

Composite (white fillings)

Vs.

Amalgam (silver fillings)

Vs.

Ceramic (porcelain fillings)

## What do we use and why??

Amalgam (silver) fillings, which many of us have in our mouths today, were the standard of care many years ago. The thought then was how do we replace tooth structure inexpensively and quickly? The solution **WAS** an amalgam (silver) filling.

Very little thought went into aesthetics or how compatible this material actually was with tooth structure. This material expands and contracts with hot and cold. As we are eating and drinking, these restorations (and some have been in our mouths for 30 + years) have been expanding and contracting. So are they compatible with tooth structure? **NO!!** Teeth begin to crack and break with all this expanding and contracting. Yikes!

Another issue with silver fillings is the margins. If you remember back to when they were placed, they were squished into the tooth instead of glued in. Now, the areas where the silver filling meets the tooth have become, over time, areas where bacteria enter and decay begins to form.

Dealing with silver fillings and the problems associated with them is a large part of what we deal with every day. They are **NOT** pretty, they contain toxic metal called **mercury**, and they are **NOT** compatible with tooth structure!

Dr. Rinehart made a decision in 1986 to stop using amalgam due to the risks associated with being around mercury day after day. He made this decision not only for your safety but for his staff's safety as well. Let's face it, today if someone breaks an old thermometer with mercury in it a hazardous cleanup crew is called in!

He made the choice to use composite. This is a white plastic material. We have seen the quality of this material improve drastically over the last 20 years! It is amazingly strong and durable and it has no thermal expansion and contraction properties. It is bonded (glued) chemically to the tooth. Tooth color can be matched exactly.