

1. Pre and post procedure medication

While removing the amalgams is an important first step in protecting oneself from mercury poisoning, it must also be understood that when amalgams have been in the body for any length of time, the toxins have had an opportunity to settle in the tissues and organs of the body. Thus, measures must be taken to help the body purge itself of these potentially dangerous foreign molecules. We recommend *Porphyra-Zyme and Chlorella* for supplementation. The office will work closely with your integrated health care provider to adjust your supplements and any chelation protocol to best fit your needs.

2. What material is used to replace my amalgam fillings?

We have always had BPA free resin /ceramic blend material for fillings available in our office for use as well as all ceramic zirconia restorations. MSDS sheets are available by request. The other option we have is to do a Clifford compatibility test (<http://www.cclab.com/dental.html>). The Clifford blood test is used to see if your body reacts to any of the products that use. Over the years we have tested many patients with our materials and none have reacted to the materials used. That is not a guarantee that you will not be sensitive but we have researched extensively our materials and they are considered safe by ALL biologic dentist that I am in contact with.

Clifford Test kits are available for testing prior to the mercury extraction appointments.

3. Can there be possible unforeseen infections?

There absolutely can be hidden bone infection or cavitation in the jaw bones. These can clear up once the mercury is removed. We recommend a CBCT a few months after your mercury removal. We refer our patients to Dr Micheal Gossweiler for the scans and we work together to interpret the films and determine the need for further treatment.

4. What about Logistics and safety?

The patient is isolated according to SMART (Safe Mercury Amalgam Removal Technique). We do place the rubber dam and seal it with a mercury cream to seal around the rubber dam exterior. It is made by Action technologies HGX cream. We are fully Accredited by the IAOMT and SMART certified. We prefer to do quadrant dentistry when removing amalgam. We do not typically need take an x-ray post op check for any further amalgam, we are VERY confident every bit of mercury is removed when treatment is finished.

5. After mercury removal

Recommendation: Ozone water is made available for purchase for post op swishing. Throughout the purging process we recommend that you drink large amounts of water to ensure proper exertion of the toxins once they are mobilized. At least a half gallon a day of purified water is recommended, and for individuals over 200 pounds a whole gallon is recommended.

We have very strict infection control guidelines in effect along with cleaning and irrigating all teeth with ozone gas and water after any amalgam is removed. Available also in the office: Ozone nasal insufflation.

SMART was developed by the **International Academy of Oral Medicine and Toxicology** (IAOMT).

The IAOMT is a trusted academy of allied professionals providing scientific resources to support new levels of integrity and safety in healthcare.

SMART is a set of recommendations created by the IAOMT based on scientific research.