



**New Zealand  
Dental Assoc.**

## ***Position Statement on Dental Amalgam***

March 2017

**The New Zealand Dental Association (NZDA) affirms the safety of dental amalgam as a filling material.**

Dental amalgam is a safe and durable material that has been used by dentists to restore teeth for well over 100 years. Amalgam is a mixture of metals including silver, copper and tin to which mercury is added. The mercury binds these components to form an alloy which has a long-established record of safety and durability as a dental filling material. Scientific studies have shown that very small amounts of mercury are released from an amalgam filling during placement and removal, and over the whole life of that filling.

No scientific studies have demonstrated evidence linking amalgam fillings with chronic degenerative diseases, kidney disease, autoimmune disease, cognitive function disorders, adverse pregnancy outcomes, or any non-specific general health related symptoms.

There have been a very small number of reported cases of localised mucosal changes attributed to all filling materials, including dental amalgam.

The NZDA supports the New Zealand Ministry of Health “precautionary principal” that it is *“.....prudent during pregnancy, where clinically reasonable, to avoid elective dental procedures, including the placement or removal of **any** filling material”*.

There is no scientific evidence demonstrating that removal of amalgam fillings improve health or result in the remission of any symptoms of any systemic illnesses. There is no scientific justification for the removal of amalgam and replacement with other materials for systemic health reasons.

Mercury, in its elemental form (which is not the same form as a completed dental filling) is considered an environmental hazard. Dentists must adhere to strict guidelines regarding the management and disposal of dental amalgam.

The NZDA supports continued research into the safety of all dental materials, including amalgam.

**This Position Statement has been approved by the Board of the New Zealand Dental Association on 25 March 2017 and will be reviewed again in 3 years or sooner if the evidence-base changes.**