



## Eastern Center for Complementary Medicine Mercury Amalgam Removal Instructions

When getting mercury amalgam removal, we recommend the following precautions:

1. First and foremost is to be under the care of a physician.
2. Find a biological dentist that is very knowledgeable and concerned about mercury removal. The dentist should at least be doing the following:
  - a. Using a rubber dam isolating the amalgam to be extracted
  - b. Using an alternate air source with nasal hood (ideally, air should be piped into the nose at sufficient pressure to create a backflow that will help prevent mercury vapors from entering the nose).
  - c. Use of a high volume evacuation with isolate attachment to evacuate the mercury vapor from the area.
  - d. Removal should be done under cold water spray with copious amounts of water
  - e. Amalgam should be cut in chunks and removed rather than drilled out to minimize mercury vapor.
3. Take 5g of activated charcoal 15 minutes before amalgam removal. After amalgam removal, put several grams of activated charcoal powder into a cup of water. Swish the solution around in your mouth for a minute or so and spit it out. Then repeat.
4. Increase your fiber intake substantially during and for several weeks after mercury removal to help reduce any reabsorption of mercury that is passing through the bowels.
5. Talk with your health care provider about the appropriate supplements to take for your body. It is best if they are customized.
6. If you notice any problems after removal, contact your physician. You may want to consider coffee enemas to facilitate expulsion of the mercury. Be sure to use organic coffee.