

Your Delta Dental plan now covers posterior composite fillings

For many years, dental amalgam (silver) fillings have been the main choice for routine restorations on posterior (back) teeth. Composite resin restorations, which are white in color to more closely match teeth, were normally covered only on anterior (front) teeth, where they are more visible.

However, composite resin restorations on the posterior teeth are now covered under your Delta Dental plan. The change was made because the use of composite material for fillings on posterior teeth is now considered to be within generally accepted standards of dental practice. In addition, composite materials have evolved to become as durable as amalgam for many posterior fillings, and many enrollees consider composite resin restorations to be an aesthetically pleasing alternative to amalgams because they are tooth-colored and blend in with natural teeth.

Even though more patients and dentists are choosing to use composite filling materials, the American Dental Association (ADA) still supports the use of dental amalgam as a safe, affordable, and durable material, noting that it has been used for more than 150 years. The FDA does not recommend that patients have amalgam fillings removed since this could cause harm to the tooth structure and pose other health risks to the patient.

Regarding new restorations, the change in policy is simply intended to give you the option to select between a composite and an amalgam filling on a posterior tooth, knowing that the coverage level will be the same in either case. You are always advised to consult with your dentist to determine the best course of treatment for you.

