

Smarter Dental Plans



Filling Options

Silver or tooth-colored fillings? You decide.

Delta Dental recommends coverage that gives dentists and patients the ability to choose which restorative material to use for fillings—amalgam (silver) or resin-based composite (tooth-colored).

There are benefits to both, depending on the type and location of the cavity.

Amalgam benefits:

- Excellent durability
- Easy to use
- Highly resistant to wear
- Relatively inexpensive compared to other materials
- Useful in areas such as deep fillings below the gum line

Composite benefits:

- Good choice for small-to-mid-size restorations that need to withstand moderate chewing pressure
- Less tooth structure removed when preparing the tooth
- May result in a smaller filling
- Can be adhesively held to the tooth structure, allowing for a more conservative repair
- More aesthetically appealing