



Silver vs. white fillings...which one should you choose?

Silver-colored fillings are made of a combination of metals such as silver, tin, copper and mercury. White fillings are made of plastic and ceramic. Both types can be used to repair cavities, but some dental plans only cover silver fillings.

The strengths of silver fillings

Silver fillings are very durable, so they're a good choice for teeth that withstand a lot of force, such as molars. Silver fillings also harden quicker, so they're easier for dentists to place in moist areas, such as beneath the gum line. They're also less expensive than white fillings, so they're good for your budget.

When white fillings might be right

The main advantage of white fillings is their color, which can be matched to blend in with the shade of your teeth. If you get a cavity in a visible area, like a front tooth, you may prefer a white filling. Though these fillings are almost as strong as silver fillings, some dentists advise against using white fillings for large cavities.

Check your coverage for fillings first

Your dentist can help you decide which type of filling is right for you. But before you opt for a white filling, make sure they're covered by your plan.

Just [log into your MyDentalBenefits account](#) and look under the **Covered Services** tab. Or ask your dentist to submit a predetermination of benefits, which gives you an estimate of your costs before you get treatment.

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