

There is always a way to whiten your teeth

Have you ever thought of having a set of pearly white teeth?

Various colors and stains

Bluish-grey to yellowish-brown teeth



Cause:

When you were young, if you had taken tetracycline, a kind of antibiotics, for a period of time during the development of teeth, the dentine forming cells would have absorbed the tetracycline, turning the teeth yellowish-brown or bluish-grey.

Treatment:

The dentist can advise you on the appropriate treatment for your oral condition.

1. Bleaching



Before bleaching



After bleaching

- Home bleaching:

The dentist takes an impression of your teeth to make a fitting mouth guard tray for holding the bleaching solution. Then you put the home bleaching solution in the mouth guard tray to bleach your teeth every night. You have to follow the dentist's instruction and keep the follow-up appointments.

- Professional bleaching:

The dentist uses an intense light to catalyze the concentrated whitening gel to whiten the teeth.

Bleaching only allows the teeth to maintain white for a period of time and the duration varies individually. Therefore you may need repeated treatment in order to keep the teeth white.

2. Veneering

The dentist cements thin and white porcelain facing onto the tooth surface.



Before veneering



After veneering

Greyish black teeth



Cause 1:

The tooth is necrotic (dead)

If a tooth is devitalized because of dental trauma or dental caries, substances released by the necrotic pulp will penetrate into the dentine of the tooth, turning it greyish-black.



The tooth is necrotic



After root canal therapy

Treatment:

If the tooth is necrotic, it should receive root canal therapy. After the therapy, if the tooth is still greyish black, the dentist may advise you to have pulp bleaching or veneering or crowning

Cause II:

The tooth is decayed

Treatment:

The dentist removes the decayed portion of the tooth and then restores the tooth.



Cariou teeth



After filling

Yellowish-brown patches in the teeth**Cause:**

If you were sick for a long time or if the pulpal tissue of the deciduous tooth was infected when you were young, the development of the enamel of the permanent tooth could be disturbed. This would result in the formation of yellowish-brown patches in the tooth.

Treatment:**1. Composite restoration**

After cleaning the tooth surface, the tooth will be restored with composite resin which matches the natural tooth color.



2. Veneering

The dentist cements thin and white porcelain facing onto the tooth surface.



Brownish-black stains on the tooth surface



Cause:

Smoking or habitual drinking of dark-colored beverages, such as tea or coffee, will result in colors absorbed onto the tooth surfaces to become stains.

Treatment:

Treatment:

1. Polishing

The dentist uses pumice powder to remove the black stains and then uses polishing paste to polish the tooth surfaces.



The black stains are removed

2. Prophy jet polishing

Air is mixed up with soda powder (sodium hydrogen carbonate) and water. The mixture is then ejected through a high speed ejector to remove the stains on the tooth surfaces.

After the brownish-black stains are removed, in order to prevent the stains to re-appear, you have to change your habit by giving up smoking and drinking less dark-colored beverages. The brownish-black stains are removed.

Green or orange stains on the tooth surfaces



Cause:

The dental plaque bacteria often absorb the food pigment. If this colored plaque is not adequately cleaned, it will accumulate on the tooth surfaces as green or orange stains.

Treatment:

You may ask the dentist to remove the dental plaque and pigment using polishing paste. In order to keep your teeth clean and white, you should brush your teeth everyday in the morning and at night and use dental floss to remove the dental plaque thoroughly.



The orange stains are removed

Slightly yellowish teeth



Cause:

The translucency of the enamel of your teeth may be higher, so that the yellowish color of the dentine is showed through. Thus, your teeth look slightly yellowish. Moreover, as the dentine becomes thicker with age, the teeth will turn more yellowish.

Treatment:

Be rest assured that yellowish teeth are normal and not problematic, hence no whitening treatment is necessary.

Conclusion

The color of the teeth and the stains on the tooth surfaces are both caused by environmental factors. The internal environmental factors lead to discoloration in the teeth while the external factors cause staining of the tooth surfaces.

Treatment for discoloration in the teeth

Seek advice from a dentist for:-

- bleaching
- aesthetic restoration

Prevention of staining of the tooth surfaces

Pay attention to daily habits:-

- give up smoking and reduce intake of dark-colored beverages
- brush your teeth everyday in the morning and at night and use dental floss to thoroughly remove the dental plaque



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