

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

Yellowish-brown to bluish-grey



Cause:

If you had taken tetracycline, a kind of antibiotics, for a period of time during the development teeth, the teeth formed would turn yellowish-brown to bluish-grey later.

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 set of models. Construct a custom whitening tray from the dental laboratory. You should fill the tray with the bleaching solution and wear it over the teeth overnight. In addition, you should wear the tray every night according to the dentist's instructions and return to the dentist for follow-up appointments according to schedule.

- 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 porcelain laminate veneer 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, and turn the tooth greyish-black.



The tooth is necrotic



After root canal therapy

Treatment:

If the tooth is necrotic, root canal therapy would be needed. If the tooth is still greyish black after the therapy, 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 a deciduous tooth is so decayed that the pulp is exposed, the bacteria, via the apex of the tooth, will cause an infection in the vicinity of the developing permanent successor. This will disturb the development of the enamel of the permanent tooth, resulting in the formation of brownish-yellow or white patches.

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 porcelain laminate veneer 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:

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.

Green or orange stains on the tooth surfaces



Cause:

Teeth has not been cleaned thoroughly, and the accumulated dental plaque contained bacteria or fungi that can produce colour and formed green and orange stains.

Treatment:

Dentist will perform scaling to remove accumulated dental plaque and stains.



The orange stains are removed

Slightly yellowish teeth**Cause:**

Since the enamel of permanent teeth is slightly transparent, the yellowish colour of the underlying dentine is shown through it. Therefore, permanent teeth will appear slightly yellowish. As we get older, the dentine increasingly grows thicker, and it is normal that our teeth become 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-coloured beverages
- brush your teeth everyday in the morning and at night and use dental floss to thoroughly remove the dental plaque