

# Options for improving the colour of teeth

There are two types of staining of teeth. These are extrinsic and intrinsic stains.

## **Extrinsic:**

This occurs when the outer layer of the tooth (the enamel) is stained. Coffee, wine, tea or other drinks or foods can stain teeth. Smoking also causes extrinsic stains. Most of these stains can be removed by a scale and polish and/or air polishing.

## **Intrinsic:**

This is when the inner (deeper) structure of the tooth (the dentin) darkens or gets a yellow tint. This cannot be removed by scale and polish or airflow alone. Other methods such as tooth whitening will help lighten the teeth.

### **Option 1:** Nothing

- Accept teeth as they are.

### **Option 2:** Hygienist only

- A way of removing all superficial stains from teeth to make the teeth as white as they naturally can be.

### **Option3:** Hygienist and Air polishing

- Air polishing is an effective means of removing extrinsic stains from tooth surfaces

### **Option 4:** Hygienist and whitening

- As above, but then cosmetically bleaching the teeth in a non-invasive, non-harmful way. This causes no damage to the teeth and does not weaken the teeth in any way.

- Home whitening alone (poladay or polanight)
- Enlighten whitening, a combination of home and in surgery professional whitening



**Option 5: Fillings**

- Use white composite cosmetic fillings to improve the colour of the teeth
- This can involve drilling or no drilling of your teeth



**Option 6: Veneers**

- Cosmetically re contour teeth by drilling away superficial and adhesively bonding porcelain onto front surface. Irreversible tooth destruction carried out however.

