

Assessment of Discoloured Anterior Teeth

Take a full dental and medical history

Perform a clinical examination

- CO: Patient's main concern upon presentation
- Patient's expectations and what they aim to achieve
- Any time restrictions for the final outcome
e.g. upcoming social events
- MH: medication e.g. St John's wort and ginseng, allergies, childhood diseases/conditions
- SH: diet, smoking, alcohol consumption, occupation
- DH: Oral hygiene regime

Extra-oral:

- Smile line
- Symmetry
- Incisal show
- Skeletal pattern
- TMJ palpation

Intra-oral:

- Occlusion
- Excursions (lateral and protrusive)
- Guidances (canine and group)
- Periodontal status
- Caries status
- Overeruption
- Shade and shape
- Interocclusal space
- Adjacent teeth status
- Gingival contour and biotype
- Assess status of any existing restoration(s) - If the status of the restoration(s) is questionable then consider replacement

Take radiographs, photographs and perform any other necessary special investigations. Supplement this with a facebow if necessary

Possible diagnoses

Discuss the treatment options, risks, benefits, cost and gain consent

Intrinsic

- Fluorosis
- Non-vitality
- Root canal treatment
- Tetracycline
- Physiological (age)
- Endodontic therapy
- Chronological hypoplasia
- Amelogenesis/dentinogenesis imperfecta
- Early childhood illnesses

Extrinsic

- Tea & coffee
- Alcohol (red wine)
- Tobacco usage
- Coloured food spices
- Chlorhexidine mouthwash
- Chemotherapy
- Radiotherapy

1. Vital bleaching (see page 201)
2. Non-vital bleaching (see page 202)
3. Deep resin infiltration (see page 204)
4. Microabrasion (see page 206)
5. Composite resin bonding
6. Veneers (see page 208)
7. Crown (see page 210)