



Teeth discoloration:

Definition: Change in natural tooth colour, resulting in less white and bright appearance.

Effects: Yellowing, brown patches

Discoloured teeth are seen frequently in the dental office and present a major challenge to dentists. Discoloration may be limited to a single tooth or several teeth in a single arch or it may be generalized and evident on all of the teeth. It is essential to recognize the cause and to manage the discoloration accordingly

Reasons for Discoloured Teeth:

Categories: Internal and external influences.(extrinsic and intrinsic factors)

Extrinsic factors

Foods and Beverages:

Example: Staining from consumables like coffee, tea, red wine and certain fruits.



Stains caused by coffee
Yellow stains is a sign of consuming dark coloured food or Beverages.



Purple stains is a sign of consuming high amount of red wine.

Tobacco product:

Smoking or using tobacco products can contribute to stubborn stains and discoloration



Brown stains is a sign of consuming tobacco products

Bad Dental Hygiene:

Cause: Inadequate brushing and flossing.

Effect: Increased dental plaque buildup.

Outcome: Darkening of teeth and worsening staining overtime if plaque is not removed



Poor oral hygiene can cause yellow stains to appear on the teeth.

Excessive fluoride:

Fluoride is present in toothpaste, fluoride is an excellent way to protect the teeth. People who consume high levels of fluoride during childhood may develop fluorosis



white speckles on teeth that is caused by excessive fluoride consumption

Intrinsic Factors

Genetics:

Individual Variation: Unique tooth colour, brightness, and translucency from birth.

Possibility: Genetic predisposition to tooth discoloration in some individuals.



Aging:

Process: Natural erosion of enamel with age.

Effect: Exposure of dentin underneath, potentially causing discoloration.



Dental Trauma:

Cause: Injuries affecting the pulp of teeth.

Effect: Possible tooth discoloration.



Cancer Therapies:

Scenario: Chemotherapy or radiation in cancer patients.

Change: Teeth colour shift from white to brownish or yellowish.

Drugs:

Influence: Certain medications like tetracycline, antihistamines and antipsychotics.

Possible Outcome: Tooth discoloration.



Antipsychotic



Antihistamines



Stains caused by Tetracycline

How to prevent teeth discoloration and maintain a white good looking teeth?

Maintaining good oral hygiene by brushing teeth twice a day with soft-bristled brush and ADA approved fluoride toothpaste, floss between the teeth daily to remove plaque between teeth



Avoiding Tobacco:

Impact: Quitting tobacco and smoking reduces the risk of tooth discoloration



Limiting Staining Substances:

Recommendation: Reduce intake of coffee, tea, red wine and stain-causing foods and drinks.

Regular Dental Check-ups:

Importance: Schedule regular visits to the dentist.

Benefits: Professional cleanings and early detection of discoloration.

References:

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