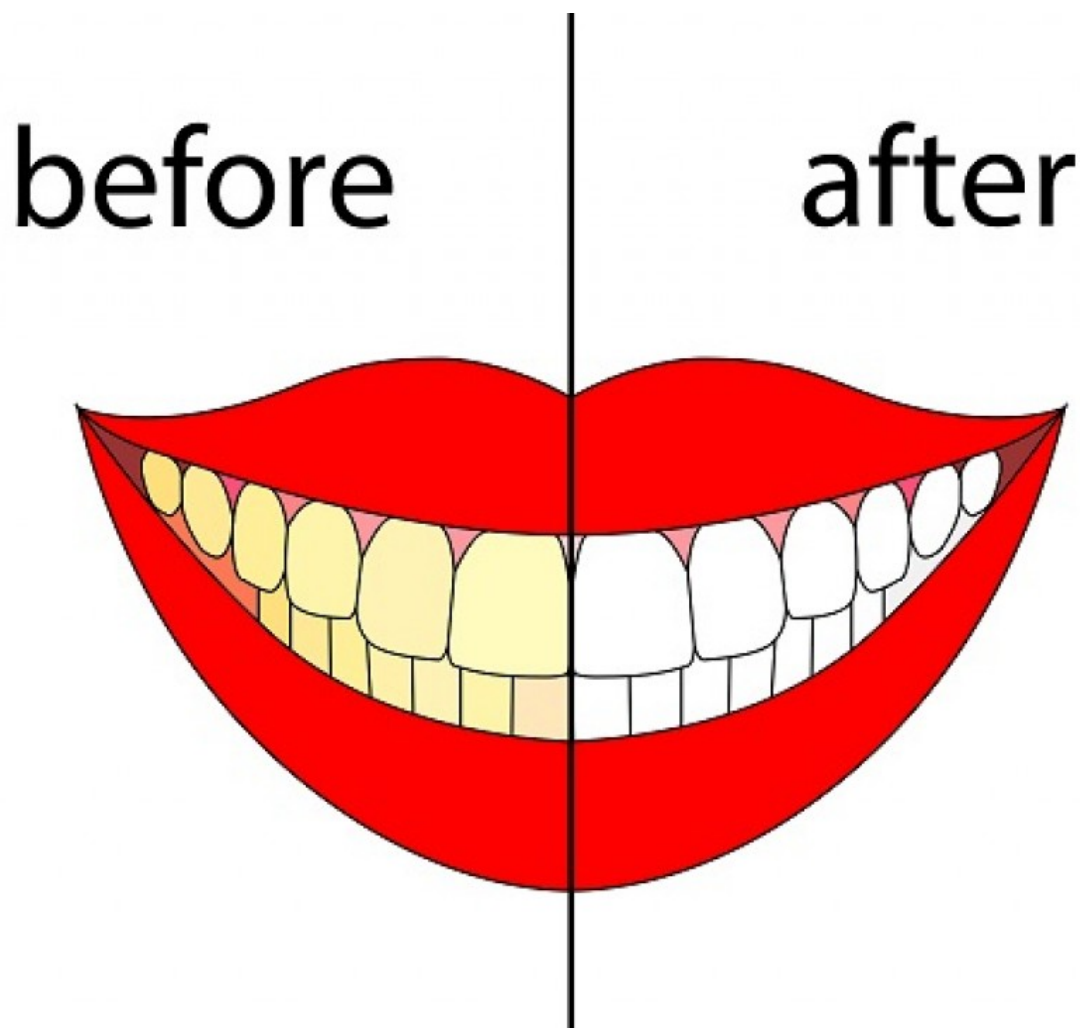


Factors and Treatments for Teeth Discolouration



Croydon, May 9, 2019 (Issuewire.com) - A warm, beautiful smile radiates your self-confidence. But the teeth may undergo a color change over a period of time, losing their natural whiteness. This affects the beauty of your smile. As a result, that spirit of self-reliance suddenly seems to be lacking from your smile.

[Dentists Croydon](#) identify a range of reasons behind teeth discoloration, starting from the presence of excessive fluoride in water and ending at childhood dental trauma. Modern dentistry has come across a long, long way to resolve the issue of teeth discoloration easily.

In this article, let's discuss the factors that lead to [discoloured teeth](#) and how you can cure the problem.

Discoloured Teeth – what they are

Teeth that lose their natural whiteness and shine are considered discolored. This discoloration may either be caused by intrinsic stains, extrinsic stains or both. Apart from that, even advanced age is a factor that makes the teeth discolored. Let us now discuss these factors one after the other in the following paragraphs.

Extrinsic stains

This type of stain affects only the outer surface of the teeth. People, who are addicted to tobacco chewing develop this kind of stain to their teeth. As a result, their teeth turn either deep brown or black. Certain medication that is orally administered can also get you this kind of stains. Prolong use of mouthwashes containing chlorhexidine often leads to extrinsic teeth stains. Even industrial workers, who are exposed to metal dust are found to suffer from extrinsic stains in their teeth. In short, one can develop extrinsic stains at any age. Mostly one's lifestyle factors play a major role for the teeth in picking up these stains.

Intrinsic stains

Intrinsic stains occur because of reasons completely different from extrinsic stains. Usually, chromogenic elements in the teeth are responsible for developing this kind of stains. Your teeth somehow or the other pick up intrinsic stains either before eruption or after the appearance of permanent teeth.

Some of the common factors in this type of teeth discoloration include the following:

- Excessive fluoride content in water
- Certain oral medications that contain tetracycline as a constituent
- Development defects in the teeth

Your teeth will develop brown or yellowish stains when there's excess fluorine in your water. Similarly, women who are administered with tetracycline during pregnancy end up depositing the chemical in their fetus. As a result, their children not only bears a brown stain in their teeth but also somewhat similar stains on their fingertips. Intrinsic stains may also be caused by conditions like rickets, vitamin D deficiency, premature birth, diseases of the kidney or the liver in children, low birth weight and hemolytic diseases in children.

Advanced age and teeth stains

These cases are ideal examples of a combination of extrinsic and intrinsic factors. Apart from many other factors, in old age, your enamel covering of the teeth gives way to expose the inner dentin layer. As a result, discoloration occurs.

Modern dentistry and teeth discoloration

Most cases of teeth discolouration can easily be masked off. Modern dentistry treats extrinsic stains with oral prophylaxis followed by a teeth bleaching. Intrinsic stains – on the other hand – are treated with enamel microabrasion followed by bleaching as well.

Teeth discoloration is mainly an aesthetic issue and comes under cosmetic dentistry. If you are unhappy with the color of your teeth, please feel free to contact our [teeth whitening dentist](#) at Smile 4 U Dental Practice in Croydon.

Media Contact

Smile 4 U Dental Practice

info@smile4u.co.uk

02086407586

357 Addiscombe Road, Croydon, Surrey CR0 7LG

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