Why are teeth turning yellow?

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Discolored teeth are often a source of embarassement. Sometimes we have control on our teeth turning yellow but at times we do not. The following is a list of reasons for yellowing teeth an the options offered to keep them white.

1. **Drinks**

Tea ans coffee can stain your teeth, especially when sipped over a long period of time.

2. **Smoking/cigarette**

Smoking or chewing tobacco has a negative impact on our teeth, the health of our gums and our breath. It goes without saying that the best treatment is not to start smoking or consider quiting if you are already a smoker. Regular visits to your dentist followed by a bleaching of your teeth will go a long way in preventing discoloration.

3. **Dental restaurations**

Greying fillings have a tendency to reduce tooth enamel transparency, thus contributing a greyish hue through the tooth. This unpleasant effect could be altered by a composite filling or a porcelaine/ceramic crown. Contrary to porcelaine crown, bear in mind that over time, the composite filling will change color.

4. **Age**

Given time, tooth enamel will become more yellow. This occurs as a result in the wear of the enamel surface, thus putting into evidence the yellow tinge of the dentine. Porcelaine or ceramic crown will give your teeth a youthfull appearance.

5. **Medication**

Some antibiotics, such as tetracycline, or excessive fluoride taken during the early stages of teeth development (baby teeth) may result in staining the permanent dentition. Such stains cannot be bleached. The only alternative are either crowns or veneers.

Least but not less; a trauma to a tooth could lead to a permanent discoloration. Make sure your teeth remain white and glossy by visiting us annually for a cleaning with one of our hygienists. Should you have any questions pertaining to the color of your teeth, do not hesitate to ask our staff about possible options likely to give you a brilliant smile.