

# DISCOLOURED TOOTH

A DISCOLOURED TOOTH IS A TOOTH THAT APPEARS DARKER THAN THE TEETH BESIDE IT. TEETH NATURALLY DARKEN AS YOU AGE, BUT THE OVERALL COLOR OF YOUR TEETH SHOULD BE ABOUT THE SAME.

## FREQUENTLY ASKED QUESTIONS

### 1. *What causes a Discoloured Tooth?*

A discoloured tooth may be caused by:

- decay
- trauma
- gum recession exposing a dark root
- a dead or receded nerve in the tooth
- an existing root canal treatment
- an old silver filling which has leached gray color into the tooth
- an old composite filling which is staining underneath the edges or has discolored over time
- tooth wear leading to the exposure of the darker layer of tooth under the enamel
- stain from food or beverages

### 2. *Who is at high risk for a Discoloured Tooth?*

Discoloured teeth are more common in people who have:

- poor oral hygiene
- periodontal disease
- existing root canals and old fillings
- bite problems
- a smoking habit

### 3. *What can I do to minimize my risk of a Discoloured Tooth in the future?*

Consult your dentist regarding your particular situation. Some options that may be recommended are:

- repair decayed teeth
- treat teeth needing root canals
- address exposed tooth roots
- replace old fillings
- address bite problems
- bleach the inside of root canal treated teeth or use dental whitening products (at home or in-office)

### 4. *What will happen if I choose to do nothing about my Discoloured Tooth?*

Unless addressed, the appearance of a discoloured tooth can worsen over time. In some cases the discoloration indicates decay or a dead nerve and these can lead to a severe infection or the loss of your tooth.



*Dark Tooth from Trauma*



*Old Amalgam Stain*



*Gum Recession Exposing Darker Root*



*Dark Tooth from Root Canal*