Tooth Whitening: What We Now Know

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Introduction

The public has been influenced by the portrayal of perfect white smiles in the media. The color quality of television, movies, electronic and print media has raised self-awareness of discolored teeth. In the late 1980's several companies introduced both home-based products and professionally applied tooth whitening products into the U.S. marketplace. These have gained popularity with the public who has come to demand whiter, more perfect smiles. There are several different methods for whitening teeth, each with their own mechanism of action. The efficacy of these different methods is dependent upon the particular tooth discoloration that is being treated. Causes of tooth discoloration can be categorized into two main groups: intrinsic and extrinsic staining. Intrinsic staining, sometimes called internal staining, can be attributed to factors such as genetics, age (from enamel wear over time exposing yellower dentin), antibiotics, high levels of fluoride, and developmental disorders and can start before the tooth has erupted. Extrinsic staining, sometimes called external staining, is largely due to environmental factors including smoking, pigments in beverages and foods, antibiotics, and metals such as iron or copper. Colored compounds from these sources are adsorbed into acquired dental pellicle or directly onto the surface of the tooth causing a stain to appear.

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self-awareness	bebidas
demand	desgastar
staining	ser consciente
wear over	pedir
beverages	teñido

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