

Intrinsic and Extrinsic Teeth Stains

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Intrinsic and Extrinsic Staining on Teeth

Classification of stains

Teeth stains are abnormal discoloration that is seen on teeth surfaces. These can be divided into two categories, extrinsic (external) stains or intrinsic (internal) stains. The location and the source of the staining are used to further classify the type of stains found on teeth.

Extrinsic stains

Extrinsic stains develop on the outside surface of the tooth due to external particles absorbed by the tooth and can be removed by brushing and scale and polish.

Common causes of extrinsic stains:

- Red wine
- Curry
- Black coffee
- Soy sauce
- Tobacco
- Staining caused by excessive swimming.
- Due to frequent exposure to pools with chlorine or bromine, these chemicals can cause yellow or dark brown stains on the facial surfaces of anterior teeth.
- Betel leaf - Chewing on betel leaves discolours the teeth and turns them into a rich mahogany brown or, in some cases, almost black.



Intrinsic Stains

These are stains that are formed within the tooth. Intrinsic stains take a while to fully appear on the surface of the tooth. These types of stains are permanent.

Common types of intrinsic stains:

- Stains due to change in the structure, composition, health, and thickness of the hard tissue. The causes are abnormalities that occur during tooth formation, pulp necrosis, trauma to the tooth, or aging.
- Genetic stains which are due to defective enamel formation, in which the enamel is absent entirely or partially. Teeth have a grey or yellow-brown appearance. Teeth with genetic enamel abnormalities erupt with white patches or pits.
- Dental fluorosis is a condition caused by overexposure to fluoride in the early years. The early signs of fluorosis are seen when teeth first erupt and is common to a group of people living in the same area as they consume water from the same reservoirs.
- Tetracycline antibiotics are frequently used to treat bacterial infections. This medication is absorbed by the teeth, causing drug-induced staining. When a medicine is given to a mother during pregnancy, the substance is transmitted through the placenta and may cause discolouration of the child's teeth.

Treatment for staining

Dental stains can be treated using a variety of methods.

Treatment options include:

- Scale and polish – A professional cleaning using specialized equipment that is sharp and vibrates to remove the tough stains.
- Restorations – Fillings done on teeth to repair and seal surfaces.
- Veneers – Veneers are very thin ceramic shells that are cemented onto the front surface of teeth.
- Teeth Whitening – Professional on chair or at home whitening using approved dental materials.
- Crowns and bridges – Fabricated ceramic tooth-like structures that are placed over the teeth to replace lost tooth structure.



References

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