

# DISCOLORED TOOTH

A discolored 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 Discolored Tooth?*

A discolored 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 Discolored Tooth?*

Discolored teeth are more common in people who have:

- Poor oral hygiene
- Periodontal disease
- Existing root canal treatments and old fillings
- Bite problems
- A smoking habit

### 3. *What can I do to minimize my risk of a Discolored 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 canal treatments
- 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 Discolored Tooth?*

Unless addressed, the appearance of a discolored 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 Treatment