

Title: Types of Teeth Stains | Henderson, NV Dentist

Meta: There are different types of teeth stains, and some may be resistant to professional teeth whitening. Our Henderson, NV dentist explains more here.

Understanding The Types of Teeth Stains in Henderson, NV

Getting the Right Whitening Treatment for Your Teeth

Teeth stains are a common dental issue that affects people of all ages. They can make your teeth look yellow or discolored, which can affect your confidence and self-esteem. There are several types of teeth stains, and your treatment options will depend on the stains your teeth present.

At Green Valley Dental Center, our [Henderson, NV dentist](#) provides cosmetic dentistry services like [professional teeth whitening](#) so you can achieve the stunning, bright smile you desire. Discover how our dentist can help tackle teeth stains with professional teeth whitening by calling **(702) 896-8933**.

Extrinsic Teeth Stains

Extrinsic teeth stains are the most common type of teeth stains, and they occur on the surface of the teeth. These stains are caused by external factors, such as:

- Smoking
- Drinking coffee, tea, or red wine
- Consuming foods with strong pigments like berries, tomato sauce, or soy sauce.

Treatment

Fortunately, extrinsic stains are easier to remove since they don't penetrate the tooth's enamel. Extrinsic teeth stains can be removed through professional teeth cleaning or teeth whitening treatments, such as in-office whitening.

In-office teeth whitening is generally the best professional treatment option. **In-office whitening** involves a dental professional applying a strong bleaching agent to the teeth and using a special light to activate the whitening process. This method can effectively remove surface stains caused by external factors such as coffee, tea, and tobacco use.

An in-office whitening treatment may not be suitable for individuals with sensitive teeth. Your dental professional will advise you on the best treatment option.

Intrinsic Teeth Stains

Intrinsic teeth stains occur inside the tooth, and they're caused by internal factors, such as:

- Genetics
- Medications
- Trauma
- Excessive fluoride

Treatment

Intrinsic teeth stains are more challenging to remove since they're embedded deep within the tooth's enamel. Intrinsic teeth stains require professional teeth whitening treatments, such as in-office whitening, custom-made at-home whitening kits, or porcelain veneers. A dentist may also recommend microabrasion or bonding, depending on the severity of the stain.

Consult your dentist in Henderson, NV, to determine the best treatment option if you struggle with intrinsic teeth stains.

Age-Related Teeth Stains

Age-related tooth stains occur naturally as we age. As we age, the outer layer of enamel on our teeth becomes thinner, revealing the yellow dentin beneath. Over time, teeth become more porous and can more easily absorb pigments from foods, drinks, and tobacco.

Treatment

Mild to moderate age-related teeth stains can be treated with professional teeth whitening treatments, such as in-office whitening, custom at-home whitening kits, or over-the-counter whitening products like whitening toothpaste or strips.

For severe cases, we can treat them with dental bonding or porcelain veneers. It's important to consult your dentist to determine the best treatment option for your needs. They can assess the condition of your teeth and recommend the most appropriate treatment to help you achieve a brighter, more youthful-looking smile.

Which Professional Teeth Whitening Treatment Fits Your Teeth Stain Type?

Professional teeth whitening treatments are the most effective way to remove teeth stains. Depending on the type of teeth stain you have, your dentist may recommend one of the following professional teeth whitening treatments:

- **In-Office Whitening:** In-office whitening is a procedure performed by a dentist. It involves applying a strong bleaching agent to the teeth and using a special light to activate the whitening process. In-office whitening is best for severe extrinsic and intrinsic tooth stains.
- **At-Home Whitening Kits:** At-home whitening kits include custom-made trays filled with a whitening gel and worn for a specific amount each day. At-home whitening kits are best for mild to moderate extrinsic and intrinsic tooth stains.
- **Porcelain Veneers:** Porcelain veneers are custom-made shells placed over the teeth to improve their appearance. They're best for severe intrinsic teeth stains that can't be treated with other teeth whitening methods.
- **Microabrasion:** Microabrasion is a technique used to remove surface stains from teeth. It involves using mild acid to remove the outer layer of enamel and then polishing the teeth to improve their appearance. Microabrasion is best for mild to moderate extrinsic teeth stains.
- **Bonding:** Bonding is a technique used to cover teeth with a tooth-colored resin material to improve their appearance. Bonding is best for mild to moderate intrinsic teeth stains.

Frequently Asked Questions

Can teeth stains be prevented?

Yes, teeth stains can be prevented with proper oral hygiene habits such as brushing twice a day, flossing daily, and avoiding foods and beverages known to cause stains, such as coffee, tea, and red wine. Regular dental cleanings can also help remove surface stains before they become more embedded in the enamel. Poor dental hygiene is a leading cause of teeth discoloration.

Can over-the-counter whitening products remove extrinsic stains?

Over-the-counter whitening products, such as whitening toothpaste or strips, can help to remove mild extrinsic stains. However, they aren't as effective as professional teeth whitening treatments and may take longer to achieve desired results. They may also cause tooth enamel to feel more sensitive, and may not fully whiten discolored teeth.

Can everyone undergo teeth whitening treatment?

Not everyone is a candidate for teeth whitening treatment. Individuals with gum disease, tooth decay, or sensitive teeth may not be suitable candidates. Consult with a dental professional before undergoing any treatment for tooth discoloration.

Unlock Your Whitest Smile Yet at Green Valley Dental Center

If you're struggling with teeth stains, it's important to consult with a dental professional to determine the best treatment option for your specific needs. Call our Henderson, NV, office today at **(702) 896-8933** to [schedule your consultation](#) with Dr. Dadon-Harris.

Green Valley Dental Center welcomes patients from surrounding areas such as Boulder City, Paradise, and Las Vegas. We eagerly anticipate helping you achieve your dream smile!