

**Tips on keeping your teeth pearly white!**

Remember that anything that stains your tongue can stain your teeth! Common foods and habits that cause tooth discolouration include:

* Coffee and black tea – these contain tannins and are acidic
* Red wine – contains tannins and acid
* Smoking – due to the presence of nicotine and tar in tobacco
* Tobacco and betel nut chewing

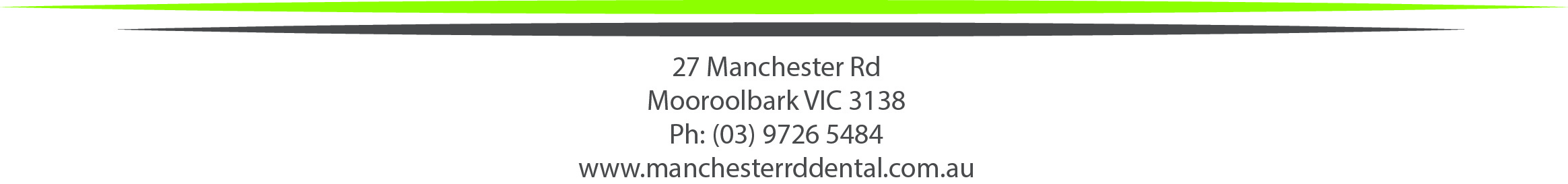
Bare in mind anything acidic especially if consumed frequently can thin the enamel on your tooth and exposer more of the inner layer, dentine, which is naturally more yellow. Acidic substances include:

* Citrus
* Carbonated beverages
* Wine
* Vinegar
* Sports drinks

In order to minimise the effects of these substances, we can

* Reduce the frequency we engage in habits that contribute to tooth discolouration
* Drink what you can through a straw and avoid swishing it around inside your mouth. Rinse with water afterwards.
* Consider tooth whitening to improve the colour and brightness of your teeth

Please note that tooth whitening can cause sensitivity particularly for teeth damaged by acid wear. This can be minimised by:

* Ensuring any excess gel is removed from the gums and any exposed root surfaces
* Using sensitive toothpaste before and during the fortnight period that you will be actively whitening. Try to spit out the excess rather than rinsing the toothpaste out to gain full benefit.
* Have a break - Stop using whitening trays for a couple of days if teeth are too sensitive.