

# SPECTROPHOTOMETRIC ANALYSIS OF NATURAL TEETH COLOR IN PATIENTS WITH DIFFERENT ORAL HYGIENE HABITS

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## Abstract

The key to keeping a bright, healthy smile and good oral health is to practice proper oral hygiene. The aim of our study was to see the difference between teeth color in patients who have different habits of oral hygiene.

First a questionnaire was filled by the selected patients N (235) consisted of a series of questions for the purpose of gathering information about oral hygiene habits. Then the color of their central incisors, was measured with intraoral spectrophotometer ShadePilot™ (Degu Dent, Germany), in the middle third of the crown and interpreted with shade tabs from three shade guides Vita Classic, Ivoclar Chromascope and Vita 3D Master. For statistical analysis the patients were grouped into three groups according to the answered questions, the first with excellent habits, the second with good and the third group with bad habits in maintaining oral hygiene.

Results showed that different habits of oral hygiene are an important factor from which the teeth shade depends ( $p < 0,001$ ) ( $p = 0,000$ ). The patients with excellent habits have brightest teeth shades and darkest in patients with bad habits. The reason for darker shades in the patient is the accumulated dental plaque in which pigments are trapped and gives the teeth more yellowish and matte appearance.

Key words: tooth color, shade guides, spectrophotometer

