

• THE CROWN · KIDWAI NAGAR, KANPUR

SHADE

Brush Kar Rahe Ho, Phir Bhi Dant **Peele** Kyun Hain?

Yellow teeth causes Kanpur — sach woh causes jo brushing kabhi touch nahi kar sakti

Brush subah-shaam, floss bhi, aur ek mahine pehle "whitening" toothpaste bhi badal di. Phir bhi har photo mein daant yellow. Problem aapki brush technique nahi hai — **plaque hatane wala brush pigment, tartar aur enamel ko hatane ke liye bana hi nahi hai**. Pehle yeh samajhna zaroori hai ki asli dhoob kis par tikayi hai.

A1–A3

Natural healthy shade — ivory, paper-white nahi

48–72h

Plaque ke harden hokar tartar banne ka time

46%

Cases mein extrinsic stain — tea, tobacco, paan, tartar

30–40 min

Shade & gum assessment ki poori appointment

CHAPTER 1

Kanpur Subah Ki Complaint

Kidwai Nagar clinic mein roz yahi sentence — kabhi 24 saal ke kisi se, kabhi 45 saal ke kisi se. Complaint ek hi: "Doctor, sab clean hai, phir bhi yellow kyun?"

1 Brush kya hatata hai

Sirf **plaque** — wo soft bacterial film jo ghanthon mein ban jaata hai. Plaque control hi gums aur gum disease se bachata hai.

2 Brush kya NAHI hatata

Pigment jo enamel surface se chemically jud chuka ho, **hardened tartar**, aur **enamel** ka koi hissa. Teeno alag material hain, alag physical properties.

3 Camera ka bhi role hai

Modern camera aur social-media filter skin tone ko warm karte hain aur enamel ka blue channel crush kar dete hain — healthy A2 shade bhi portrait mein mustard dikhta hai.

CHAPTER 2

Enamel Hota Kya Hai — Aur Uska Natural Shade Kyun White Nahi

Yeh ek hi chapter poori problem ka core hai. Daant layers mein bane hain, aur jo upar dikhta hai woh translucent hai.

Enamel — translucent

Body ka sabse hard tissue, hydroxyapatite crystals se bana. Lekin **translucent** hai, white nahi. Light andar jaati hai aur wapas aate hue neeche ki layer ka tint le jaati hai.

Dentine — naturally yellow

Neeche wali layer softer hai, tubules hain, aur colour naturally warm yellow-ochre. Jaise umar badhti hai, secondary dentine banti hai — tone dark hota jaata hai.

A1 hi sabse halka shade hai

Shade guide ka lightest natural, undamaged tooth **approx. A1** — eggshell ka white, paper ka white nahi. "Hollywood white" ka vaada matlab **crown ya veneer**, sirf safai nahi.

Do changes, ek hi direction

Enamel lifetime mein thin hota hai — attrition, brushing abrasion, acid erosion — aur neeche dentine simultaneously dark hota hai. Isi liye 52 saal ki age bhi perfectly brush karte hue 22 se zyada yellow dikh sakta hai.

Discolouration kahan rehta hai — clinic cases ka hissa (%)



CHAPTER 3

Extrinsic vs Intrinsic — Do Alag Categories

Aksar literature staining ko do families mein baantti hai. Mirror mein pehchaan liya to outcome ka andaza lag jaata hai.

Feature	Extrinsic — surface par	Intrinsic — andar
Kahan rehta hai	Enamel surface par / tartar mein	Dentine ya enamel matrix ke andar
Typical colour	Uniform yellow-brown ya red-brown wash	Patchy, banded ya spotty — grey, brown, white flecks
Distribution	Sabhi daant, gum line par sabse zyada	Ek ya do daant, aksar asymmetric
Polish se fayda?	Haan — aksar dramatic	Nahi
Bleaching se fayda?	Haan, kaafi	Sirf mild – moderate cases
Fix ka raasta	Scale & polish, habit change, supervised whitening	Whitening trial, micro-abrasion, bonding, veneer ya crown

CHAPTER 4

Asli Causes, Rank Ke Hisaab Se

Dramatic dikhne waley naam nahi — wo causes jo practice mein asal mein sabse zyada nikalte hain.

1. Tobacco, gutka, khaini, paan

Is region ka sabse high-yield cause. Areca nut, catechu aur slaked lime brown-red stain dete hain — sabse tez crevices, gum line aur daanton ke beech.

2. Chai ki frequency

Black tea mein tannins hain jo seedha enamel se judte hain. Chai ki sugar bhi plaque bacteria ko rough, sticky surface deti hai jismein pigment pakadta hai.

3. Calculus — tartar

48–72 ghante mein plaque mineralise karke hard, porous, yellow-brown deposit ban jaata hai. Koi toothbrush ise nahi hatata. Gum line par yellow band = reliable sign.

4. Enamel thinning + age

Slow, cumulative, home care se bilkul unreachable. Yahi wajah hai ki perfectly brush karne wala 45 saal ka insaan bhi ek ajeeb farq dekhta hai.

5. Childhood tetracycline / fluorosis

Daud bante waqt diye gaye antibiotics permanent teeth ko horizontal grey, brown ya yellow stripes dete hain — aksar incisors pehle. Fluorosis white ya brown opacities.

6. Acid erosion

Cola, sports drink, lemon water, vinegar pickle — sab enamel surface ko soften karke dissolve karte hain. Enamel patla hua to yellow dentine seedha dikhta hai.

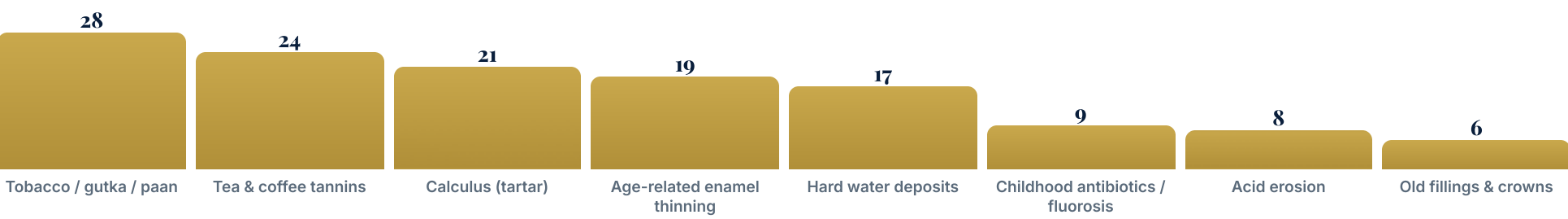
7. Purane fillings, crowns, RCT

Amalgam aur kuch purane crown materials surrounding tooth ko andar se discolour karte hain. Root canal ke baad ek front daant ka yellow hona bahut common presentation hai.

CHAPTER 4B

Har Cause Kitni Baar Sach Mein Nikla

Primary ya major contributing cause — case share mein.



Cause	Layer	Pattern	Kya madad karta hai
Tobacco, gutka, khaini, paan	Surface (extrinsic)	Brown-red, gum line aur gaps par sabse zyada	Chhoda ya kam karo, phir scale & polish + supervised whitening
Tea aur coffee	Surface (extrinsic)	Barabar yellow-brown wash, front incisors par worst	Peete hue rinse, frequency kam, professional polish
Calculus / tartar	Root & gum margin (extrinsic)	Gum line par ek distinct hard yellow band	Professional scaling — brush ise nahi hatata
Ageing aur enamel wear	Dentine showing through	Gradual, generalised, 35 ke baad usually notice hota hai	Cosmetic options: whitening trial, bonding, veneers
Hard water mineral build-up	Surface (extrinsic)	Chalky yellow-grey film, aksar intrinsic samajh liya jaata hai	Professional descaling aur polish
Tetracycline / fluorosis	Intrinsic	Horizontal grey-brown bands ya white-brown patches	Whitening trial, micro-abrasion, bonding ya veneers

CHAPTER 5

Bina Kisi Pigment Ke Colour Kaise Badal Jaata Hai

Teen factors — inme se koi bhi tobacco chhune ya sirf paani peene wale patient ko explain karta hai.

Gum recession

Gingival tissue retreat karte hi root surface expose hota hai. Cementum enamel se **zyada yellow** aur thoda rough hota hai — stain wahin sabse tez lagta hai. "Gum ke paas dark, beech wahi same" — yeh pehle gum-health ka issue hai, colour ka nahi.

Hard water deposits

Kanpur ki municipal supply mein mineral load bhaari hai. Minerals chalky yellow-grey veneer banate hain — aur saalon mein bante hain, to log ise "intrinsic" samajh lete hain. Ye **intrinsic bilkul nahi** hai — ek appointment mein nikal jaata hai, aur isi liye sometimes sabse zyada satisfying result.

Ageing

Grinding, clenching, chewing, saalon ki brushing, acid exposure — sab milkar woh enamel hata dete hain jo dobara nahi ughta. Chart dikhata hai ki perceived lightness har decade mein girta hai, kyunki **do alag process ek hi colour direction mein** kaam kar rahe hain.

CHAPTER 6

Brush Kya Kar Sakta Hai — Aur Dentist Pehle Kya Dekhta Hai

Order matter karta hai: whitening ke BAAD tartar hataya to naya shade jaldi dull ho jaata hai, aur baad mein fillings replace ki to daanton se lighter dikhti hain.

✓ Brushing ACHI hai

- ✓ Plaque biofilm control karke gums aur gum disease se bachana
- ✓ Extrinsic stain ko permanent banne se rokna — stain ko rough surface chahiye
- ✓ Soft bristle, fluoridated paste, 2 minute, din mein 2 baar, light scrubbing

✗ Brushing NAHI kar sakti

- ✗ Established calculus hatana
- ✗ Intrinsic stain uthana
- ✗ Enamel wapas laana
- ✗ Neeche ke dentine ka colour theek karna

1 Baseline shade recording

Structured shade guide, neutral daylight mein — memory ya photo par bharosa nahi. Yeh measurable target bhi deta hai.

2 Soft-tissue & gum health

Recession, probing par bleeding, periodontal pockets, bone levels. Inflammation aur recession ko whitening se pehle theek karna zaroori hai.

3 Tartar aur stain mapping

Kaunsa surface, kaunse daant, kitna heavy — aur extrinsic ya intrinsic. Yahi decide karta hai polish se fix hoga ya nahi.

4 Existing restorations

Purana composite, amalgam, metal crown whiten nahi hote. Smile zone mein honge to wahi limiting factor ban jaate hain.

5 Caries, cracks, enamel quality

Active decay, failing restorations, grinding damage, hypersensitivity — sab pehle stabilise honge.

6 Habit & medical history

Tobacco/paan pattern, tea-coffee intake, medication history including tetracyclines, aur naya hai ya purana.

CHAPTER 7

Kidwai Nagar Mein Shade & Gum Assessment Kya Hota Hai

Diagnostic appointment — aur uske baad plan bilkul concrete ho jaata hai.

30–40 minute ki diagnostic appointment

Ye sales conversation nahi hai. Baseline shade record hota hai, staining map hoti hai, gums aur soft tissues check hote hain, medical aur habit history review hoti hai, aur oral lesions screen hote hain — regular tobacco/paan users ke liye ye habit bana rakhni chahiye.

Answer clear ho to plan bhi clear

Agar sirf tartar aur chai ka stain hai, to professional scale & polish plus realistic home routine zyada tar kaam kar deta hai aur result protect bhi karta hai. Intrinsic staining mein hum pehle saaf batate hain ki bleaching kya achieve kar sakta hai, kya nahi.

Thin ya structural enamel ka honest option

Bahut patla enamel ya deep structural discolouration ho to micro-abrasion, composite bonding ya smile makeover planning discuss hoti hai — aur equally, yeh bhi bataya jaata hai ki **healthy natural shade hi behtar outcome** hai.

"A toothbrush removes plaque. It cannot remove pigment that has bonded into enamel, cannot dissolve tartar, and certainly cannot rebuild lost enamel. Understanding which of those three you are dealing with is the entire difference between hope and result."

— Dr. (Mrs.) Priyanka Chaturvedi, Endodontist & Aesthetic Dentist

Aur ek zaroori baat: agar tobacco ya gutka use hota hai, to jitna bhi treatment karo, stain wapas aa jaayega. Saath hi — **2 hafte se zyada koi non-healing ulcer, lump ya patch** ho to turant check zaroori hai. Whitening appointment isi unhurried check ka perfect mauka hai.

KEY TAKEAWAYS

Yaad Rakhne layak baatein

Ek line mein poori kaam.

1 Enamel translucent hai, white nahi — natural healthy shade ivory hota hai, A1 se A3, kabhi paper-white nahi.

2 Kanpur ke sabse common yellow teeth causes tobacco/gutka, chai ke tannins aur gum line par tartar hain — brushing ki kami nahi.

3 Extrinsic stain professional clean aur supervised whitening se sudhta hai. Intrinsic ko bonding ya veneer chahiye ho sakta hai.

4 Gum recession, hard-water deposits aur age se enamel thinning — inme se koi bhi bina kisi pigment ke colour badal deta hai.

5 Diagnosis pehle. Gums, tartar aur purani restorations ko whitening plan se pehle stabilise karna padta hai.

Pehle Sach Jaano

Yellow teeth ka asal cause aapki brush technique nahi hota — wo enamel par tikayi pigment, gum line ka hardened tartar, ya translucent enamel ke neeche ka dentine hota hai. Kidwai Nagar par **shade & gum assessment** mein hum pehle baseline shade record karte hain, staining map karte hain, gums check karte hain — aur **tab** plan batata hain. Agar jawab sirf tartar aur chai stain hai to ek professional clean kaafi hoga; agar intrinsic hai to saaf-saaf bataya jaayega ki whitening kya de sakta hai, kya nahi. Kisi aur jagah plan suggest hua ho to apne existing records saath le aayein — second opinion milega.

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