Hints and tricks in selecting shade-matching colours

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Colour is light. Attractive restorative outcomes begin with an adequate tooth shape and silhouette that reflect light properly. This is essential in order to meet patients’ expectations and positively influence their self-esteem. The colour the eye perceives is a wavelength of light that our eyes interpret using rods and cones. The rods see black and white and the cones perceive colours. To improve ability to perceive colours, one should understand the shortcomings of shade guides, eyes, lighting conditions and surroundings. Clinical skill is certainly fundamental when selecting tooth shades. This presentation will highlight the major elements and techniques in aesthetic dentistry in order to fully understand the shades and to choose the best shade-matching colour.

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