

## Ask The Smile Expert...



### *If I can't afford to whiten my teeth right now, what else can I do until whitening is an option for me?*

Everyone wants a brilliant, white smile! We have some very inexpensive whitening systems you may be interested in trying, but until then, some simple tips are:

1. Follow the "white tooth diet". Substitute white wine for red wine, cappuccino for espresso, grapefruit juice for cranberry juice. Avoid anything that would stain a white shirt.
2. Drink colored liquids through a straw.
3. Watch what you wear. Avoid white hats and clothing because they make your smile appear dull.
4. The lighter your hair color, the duller your teeth appear. Consider some low lights if that is a possibility.
5. Don't brush hard or use abrasive toothpaste, as this wears away enamel exposing the darker dentin layer below.
6. Smoking tobacco causes teeth to stain.
7. Orange lipsticks make your teeth appear darker. Red lipsticks make your teeth appear whiter. Or more specifically, to make your teeth appear their whitest use the following colors of lipstick: For olive skin: raisins, brick browns; For fair skin with pale gold undertones: bronzes, peach/apricots, corals; For blue-black skin: rich burgundies, deep blue reds; For brown-toned skin: chocolates, deep reds; For pink-toned "red head" skin: muted pinks, rosy browns.

Please feel free to submit a question for The Smile Expert thru our website at [www.drpatricialondon.com](http://www.drpatricialondon.com). We look forward to providing you with helpful information to improve your quality of life and your understanding of dentistry.

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