Shade Taking Guide

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What you will need

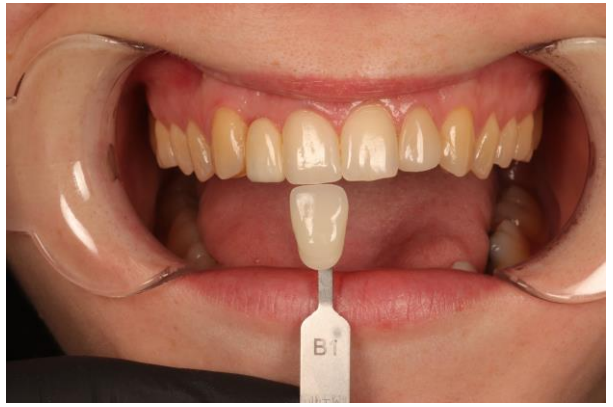
- Shade guide A-D + Bleach
- Camera (DSLR or Phone)
- Daylight or colour corrected lighting
- Shade map/card
- Polarising filter
- Stump shade guide
- Skin tone alcohol-based pens

Ensuring correct conditions and information

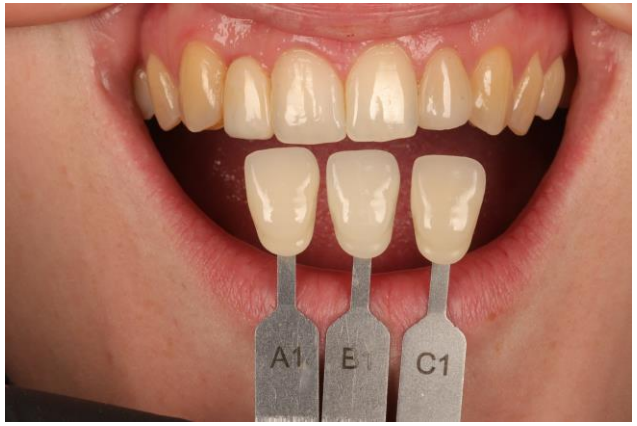
What information the Lab will need from you

- Recently bleaching?
- Plans going forward for any further treatment
- What are their expectations?
- Which tooth to colour match?
- Copying shapes/texture/character
- Remove bright lipstick/neutralise colours
- Best times between 10am and 2pm
- Get a second opinion within the team for improved accuracy
- Correct lighting around 5500 kelvin

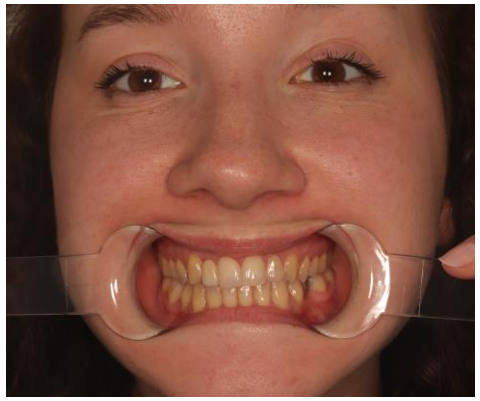
Taking the shade



Shade guide ordered by value (lightness to darkness) because this is the most critical aspect of ensuring a correct natural shade match. Human perception is sensitive to differences in lightness so accurate match in value helps it to blend seamlessly within the mouth even if there is slight difference in hue or chroma. After selecting the value you can fine tune hue and chroma plus it is a quicker elimination process as to what shades do not match. Choosing a value rather than hue is more consistent under different lightning.



Ideal photos

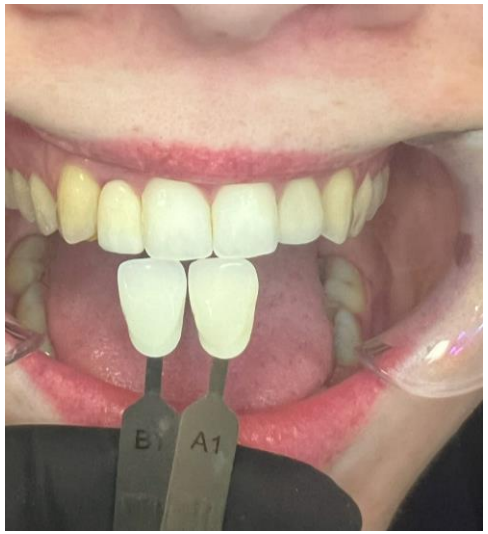


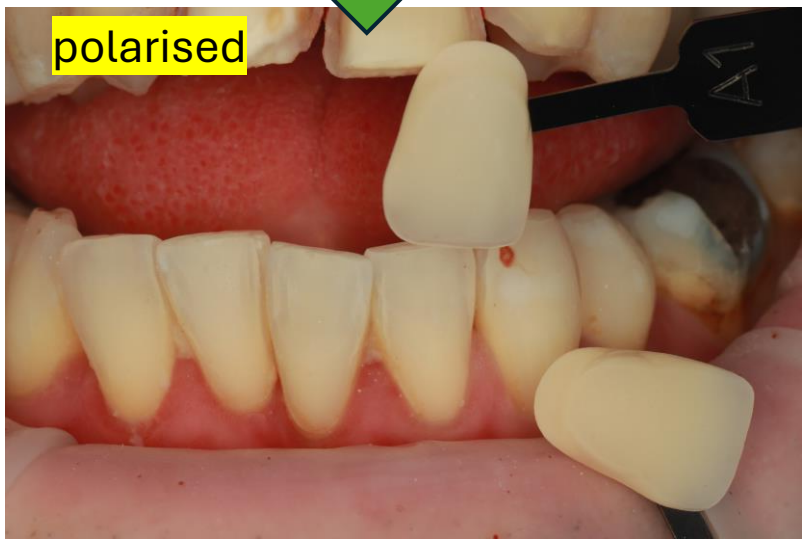
Open retracted with eyes and nose level, up closes retracted, natural smile with teeth closed, edge to edge for incisal translucencies, side view for angles, texture and light interaction. Do not over expose, if you struggle with lighting on dslr take raw image that way its editable



polarised

Polarised photos eliminate surface reflections from the teeth and soft tissues, allowing you to see the details within the tooth and structure





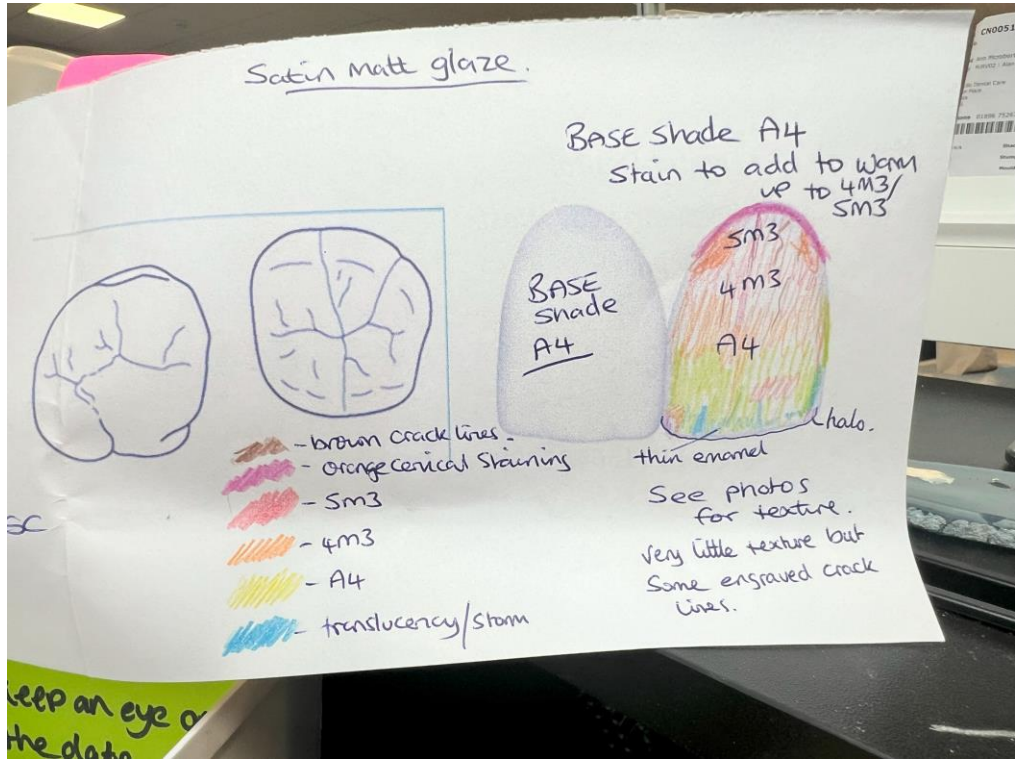
Avoid missing vital information

Alignment matters because when on the same plane the tooth and shade tab receive light from the same angle ensuring consistent lighting conditions. Minimizes affects of shadows and glare which can alter the perceived shade. Allows better perception of value and hue. Positioned at an angle can make it look darker or have different hue due to variations in how light hits it.

Check and retake if needed

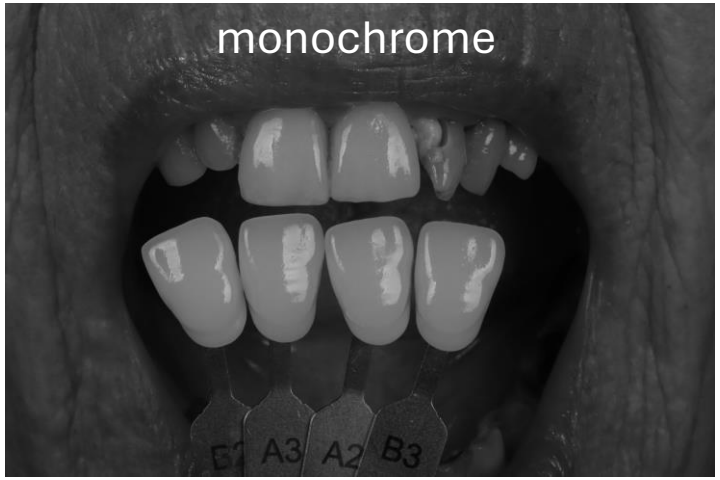
Proper camera positioning and angling are crucial and should be at a 90 degree angle to the tooth surface to avoid distortion and provide true representation of colour and value. Capture tooth detail as at wrong angle can capture reflections or distortions.

Back up with a shade map



Shade mapping helps the technician see where colour variation are. It is important to give your opinion on what shade value is the best match as this cannot be determined by the lab from photos alone. To get the best outcome for your patient the more information you can provide your lab the better the outcome.

Suggestions



- If you don’t have a polarising filter then you can help by sending the lab a black and white photo by simply switching your camera settings to helpMonocrome focuses on value by removing colour distractions, minimises the impact of reflections that can distort colour perception in colour photos especially if the tooth surface is shiney, as coloured can reflect tooth colours inconsistently. Can also help determine texture. Saturation provides more enhanced colour differences making it easier to to identify subtle changes in hue and chroma. Captures depth and translucency.