

Tooth Color Change & Dental Visit Planner

Describe the change without trying to diagnose it

Have a sudden or isolated tooth-color change checked before cosmetic whitening. Do not delay care while completing this sheet.

Name / date:

1. What I noticed

Which tooth or area? One tooth, several, or most teeth?

What looks different? Describe it in your own words.

When did I first notice it? Gradual, sudden, or unsure?

Any pain, sensitivity, swelling, or other symptoms?

2. Relevant history to share

Past injury / recent dental work / approximate dates:

Crowns, veneers, fillings, or other visible dental work:

Products or habits to mention (including past whitening):

Bring your medication list and mention recent changes. Do not stop prescribed medicines on your own. Photos may help describe a change, but cannot diagnose its cause.

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Discuss options and record the next step

You do not have to choose whitening. Ask what is causing the change and whether any dental treatment is needed before cosmetic care.

1. My goals and preferences

What, if anything, would I like to change?

My priorities: comfort, appearance, cost, time, or other:

2. Questions for my dental team

Is this surface staining or a change within the tooth? Would cleaning help? Is whitening suitable for me? Could my crowns or fillings look mismatched? What result is realistic?

My additional question:

3. Recommendations and follow-up

Dentist / visit date / office phone:

Recommended care or options discussed:

Next step / follow-up date / when to call sooner:

Educational planner, not a diagnosis, shade measurement, or treatment plan. Reference: American Dental Association, Whitening.