



## SHADE MATCHING & PHOTOGRAPHY TIPS

1. If the patient is bleaching, postpone shade matching until two weeks after bleaching is finished to ensure a stable shade result.
2. For lighting, use ambient “daylight” bulbs with a Kelvin temperature range of 5,000°-6,500°. For the camera, a macro twin light flash will work best.
3. Shade matching should be done prior to prepping the teeth.
4. Neutralize colors: Remove lipstick and use only neutral-colored gloves, bibs, and clear cheek retractors.
5. The patient should sit upright, and their teeth should be clean and hydrated.
6. Be sure to spend no more than 6 -7 seconds at a time comparing shades as the eyes tire quickly. Rest your eyes between shade comparisons. Looking at a neutral grey cloth or piece of paper will help refresh your eyes.
7. Use the same shade guide as your lab to ensure correct shade communication, and include shade tabs in your photos. Shikosha uses VITA Classical & VITA 3D. (Be sure your shade guide is relatively new—guides will darken with age.)
8. Last but not least, the more information you can send your lab, the better. Photos and detailed descriptions will greatly help the technician achieve the perfect shade.

Send your photos to [shade@shikosha.com](mailto:shade@shikosha.com).