

### Recommended Protocol for shade matching.

1. Patient removes any lipstick or bright makeup.
2. Surface roughness, gloss and any local characteristics should be noted and written on lab sheet.
3. Shade selection should be done at the beginning of the appointment. Eyes should be level with the patient's teeth, at a distance of 25-35 cm. It is important not to view the comparison for more than 5-7 seconds at a time to avoid fatiguing the cones of the retina.
4. Shade tabs should be held and aligned so that the light reflects off the shade tabs and teeth at the same angle. It is important to determine the shade before the teeth dehydrate.
5. The first picture should be off the closest shade tab, then one of the next lighter tabs and one next darker tab, this will determine the value of the tooth by comparing the three pictures. Be sure to capture the shade tab number in the picture.
6. Once chosen it should be checked in different light sources, i.e. natural light. Seek the opinion of a colleague.
7. Once the tooth has been prepared a stump shade is taken, either using a stump shade guide or the reverse of the shade tab (without the incisal colour).
8. See Examples of pictures.

