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· 综述 ·

# 视错觉在口腔医学美学中的应用

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**【摘要】** 视错觉指人眼观察的景象与客观呈现的景象不完全一致的现象。本文从视错觉原理出发,结合临床应用,从修复体颜色、形状以及颜面部美学设计等角度阐述口腔临床工作中的视错觉现象。颜色的同色异谱现象、颜色的恒常性以及谢弗勒尔错觉提示修复体颜色的个性化表达及以及周围环境对颜色的影响,技师制作修复体时的背景光线应与比色背景光线一致;波根多夫错觉与斜塔错觉提示人眼在口腔内观察的局限性,口腔内扫描技术可代替人眼观察、检查牙体预备的质量;面部扫描、头影测量等检查手段也可减少人眼观察时参考物对结果的主观影响;艾宾浩斯错觉则提示整体与局部的相互影响。在口腔诊治时术者应注重修复体与颜面部的协调,同时考虑患者的性别、年龄等个性化特征,力求和谐的美学呈现。未来的研究需要关注视错觉现象在口腔诊疗中的具体影响,加强医生-技师-患者三者间沟通,医师务必认识视错觉降低主观偏差对临床规范化操作的影响;合理利用视错觉,让患者呈现个性化的牙齿和颜面部的和谐美。

**【关键词】** 视错觉; 美学; 比色; 义齿设计; 牙齿形状; 牙齿颜色; 微笑设计; 视觉效果

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**Application of optical illusion in stomatological aesthetics** ZHAO Weijia<sup>1</sup>, ZHANG Pengfei<sup>2</sup>, JIN Xiaoting<sup>1</sup>, JIN Xiaogang<sup>3</sup>, FU Baiping<sup>1</sup>. 1. Department of Prosthodontics, Stomatology Hospital, School of Stomatology, Zhejiang University School of Medicine, Clinical Research Center for Oral Diseases of Zhejiang Province, Key Laboratory of Oral Biomedical Research of Zhejiang Province, Cancer Center of Zhejiang University, Hangzhou 310006, China; 2. Dental laboratory, Stomatology Hospital, School of Stomatology, Zhejiang University School of Medicine, Clinical Research Center for Oral Diseases of Zhejiang Province, Key Laboratory of Oral Biomedical Research of Zhejiang Province, Cancer Center of Zhejiang University, Hangzhou 310006, China; 3. State Key Laboratory of CAD and CG, Zhejiang University, Hangzhou 310058, China

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**【Abstract】** Optical illusion refers to the phenomenon in which the scene observed by the human eye is not completely consistent with the objectively presented scene. Optical illusions in stomatology, as well as their clinical application, are demonstrated in this paper in terms of shade, shape and aesthetic design. Shade is not only affected by the optical illusions with which it is associated, such as color metamerism, color constancy and the Chevreul illusion, but also influenced by the surroundings. It is suggested that the surrounding lighting during veneering should be the same as that during color matching in the clinic. As indicated by the Poggendorf illusion and the Leaning Tower illusion, the practice

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should be conducted and checked from multiple perspectives to compensate for the limitation of human eyes, such as intraoral scanning. Other digital technologies, including digital facial scanning and cephalometric measurement, could be used to reduce the subjective influence of observation. In terms of esthetic design, the interaction of the part and the whole, suggested by Ebbinghaus illusion, should be considered: an individual harmony smile should be designed considering the characteristics of the personality and the features of the face, lips, teeth and gingiva of the patient. Furthermore, personal information, such as gender and age, should be taken into consideration in beautification presentation. Further research should be focused on the influence of optical illusions in stomatology in more details. More communication among doctors, technicians and patients is needed. Clinicians should be aware of the impact of optical illusions to reduce subjective bias in clinical standardized operations and further take advantage of optical illusions to create beautification presentations of dental restorations and smiles.

**【Key words】** optical illusion; esthetics; shade selection; dental restoration designs; tooth shape; tooth color; smile design; visual effect

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早在公元前4世纪,亚里士多德在《论理想》中提出,长时间凝视瀑布后观察周围的静止物体,会产生反方向运动的视觉效果,这就是运动后效应错觉。视错觉是指观察到的景象与客观事实出现偏差的现象,这种现象在生活中随处可见,与口腔医学的关系也十分密切。口腔医师在流水下进行窝洞预备时,钻头放置位置会出现偏差,这就是折射导致的视错觉现象。与牙齿和修复体的颜色和形态相关的错觉现象往往会影响患者对结果的满意度,而与特定临床操作相关的错觉现象则更容易干扰临床诊治。本文从牙齿与修复体颜色、牙齿与修复体形态、微笑与面部三个方面对口腔医学中的视错觉现象进行综述。

## 1 牙齿与修复体颜色的视错觉

颜色和谐是口腔美学的基本要求。口腔医师和患者应在修复治疗前进行比色,比色时需选择合适的环境和光线,规避错觉的干扰,使修复体颜色与参考牙颜色相协调。

### 1.1 环境因素

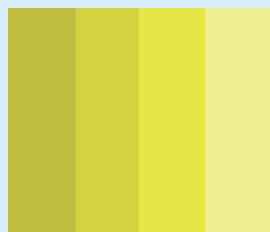
两个物体在某种光源下呈现出同种颜色,而在另一种光源下呈现出不同颜色,这是同色异谱现象<sup>[1]</sup>。改变一个物体的光线环境后,仍能辨认该物体的颜色,这是颜色的恒常性<sup>[2]</sup>。一张照片中裙子是蓝黑色还是白金色这个问题曾引起激烈讨论。Hugrass等<sup>[3]</sup>认为出现颜色分歧的原因是观察者对亮度的感知不同。González等<sup>[4]</sup>发现观察者生活环境中的光线强度会影响对裙子颜色的判读:

光线强度高时,认为裙子是白金色;光线强度低时,认为裙子是蓝黑色。同理,比色环境亦可影响比色结果。建议医师比色时选择标准色温(5 500 K)的连续光源,以患者口内环境为背景<sup>[5]</sup>。牙龈颜色也是比色环境的一部分,红色背景下,看到的牙齿颜色会偏蓝色<sup>[5]</sup>。Hyun等<sup>[6]</sup>测量40名受试者8个位点的牙龈颜色,发现男性牙龈饱和度较高,前牙牙龈明度更高而彩度更低。进行牙齿比色前,应先使用牙龈比色板完成牙龈比色;然后,在选择的牙龈比色板下,进一步进行牙齿比色。因此,修复体制作环境会影响修复体颜色的呈现。口腔技师在模型上制作的修复体颜色通常与比色照片颜色相协调,但有时在临床试戴时出现颜色偏差。这是由于制作修复体时背景色与临床医师比色时的背景色不一致。医师应与口腔技师沟通,选取与修复体制作时背景色一致的临床比色背景色,消除背景色差异的影响,使修复体颜色尽量还原比色结果。

### 1.2 牙齿与修复体颜色

颜色均匀的不同明度物体相邻时,相邻位置与中间位置的明度看上去不同,这种现象源自谢弗勒尔错觉(Chevrel illusion)<sup>[7]</sup>(图1)。物体边缘位置的颜色对视觉感知的影响比非边缘位置更显著。因此,邻唇面进行充填或修复治疗时,如剩余牙体组织明度与邻牙存在显著差异,选择修复体颜色时应使两牙邻接位置颜色一致,缓慢过渡以减小视觉上的明度差异。

Gil等<sup>[8]</sup>通过选择粉色种植基台与灰色基台对比发现,使用粉色基台后,周围牙龈黏膜颜色更



The visual discrepancy of values is obviously observed between the different strips

Figure 1 Strips of different brightness

图1 不同明度的相邻色块

红。薄龈型患者使用灰色基台会使植体周围黏膜显暗,而选择粉色基台则可以改善植体周围的美学效果。

年度最佳幻觉比赛(best illusion of the year)的标志通过奖杯与同心圆相结合,展示了一个局部特征影响整体彩度的错觉<sup>[9]</sup>。釉质发育不全、四环素牙(图2)和氟斑牙牙齿表面同样具有局部特征

色。釉质发育不全使牙齿呈现出更白的颜色,四环素牙使牙齿呈现出更黄或更黑的颜色,而氟斑牙根据严重程度不同呈现出不同颜色<sup>[10]</sup>。医师应参考比色牙齿的主体色,如牙齿颈1/3和中1/3交界处的颜色特征。在选择主体色的基础上依靠染色呈现出相应特征色。颜色不能确定时,可参考占比色牙唇颊面面积最大的颜色。



Figure 2 The typical discoloration and texture features of tetracyclined teeth

图2 四环素牙的典型变色及纹理特征

### 1.3 观察者

当观察物有多种色彩元素时,若聚焦于某一色彩特征,该特征会呈现放大效应<sup>[11]</sup>,而其它色彩特征则会相对受到压制<sup>[9]</sup>。天然牙齿颜色特征丰富,呈现出不同的饱和度和明度。医师比色时应避免长时间的局部观察。患牙颜色丰富时,可进行分区比色,通常将牙面从切方、殆方至龈方三等分比色。前后两邻牙颜色差异较大时可在此基础上从近中至远中再次三等分。颜色确实较难确定时建议观察者休息一会后再次比色。

## 2 牙齿与修复体形态的视错觉

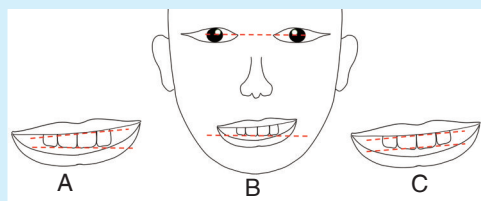
牙-唇-颜面部是一个整体,任一局部的形态都应与整体相协调。医师应建立颜面部-颌系统的整体观。合理利用视错觉现象,视觉感知上“微调形态”,掩饰缺陷,在满足功能的基础上力求颜面部和谐美观。

### 2.1 环境因素

牙齿形态具有一定的人口学特征。男性中切

牙比女性的更宽大<sup>[12]</sup>,微笑时却显露得更少<sup>[13]</sup>;随着年龄增加,微笑时上前牙显露量减少而下前牙显露量增加<sup>[14]</sup>。因此,修复和充填治疗时应综合考虑患者的性别、年龄、脸型等因素,选择个性化的修复体形态。为男性患者制作修复体时,可制作明显的轴角和边缘嵴,为女性患者制作修复体时可适当使轴角圆钝;患牙对侧同名牙扭转、倾斜或过小时,可对修复体进行相似调整使之与对侧同名牙相协调。

物体的观察结果受到参照物影响,参照物倾斜时,观察物会被认为是倾斜的。嘴唇笑线倾斜(以水平面为基准)的患者试戴上前牙修复体时会出现这种现象:医生常以瞳孔连线为参考,与前牙切端连线呈“平行”;而患者常以微笑时口唇位置为参考,若嘴唇左右不对称,会认为前牙“歪”,要求医生调改。此时,医生应向患者解释不对称的嘴唇笑线才是患者感觉“歪”的原因。适当调改上前牙,使之与嘴唇弧度协调,不能刻板追求上前牙切端连线与瞳孔连线平行(图3)。



A: unparallel between incisal edge and asymmetrical lip curve; B: an incisal line is usually recommended parallel to the interpupillary line; C: the incisal edge was adjusted in harmony with the asymmetrical lip curve

Figure 3 Influence of a reference object on the visual effect

图3 参考物对视觉效果的影响

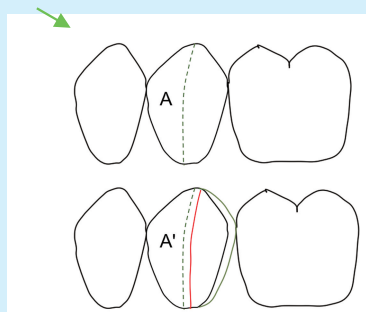
## 2.2 牙齿与修复体形态

Mahn等<sup>[15]</sup>拍摄460名学生前牙照片,并进行形状分析,发现大部分受试者牙齿为混合形状,以尖-椭圆形和方-椭圆形最常见,单纯形状(椭圆形、方形、矩形、三角形)牙齿只在极少数受试者口内出现。

通过调整边缘嵴形态位置,利用视错觉现象改变牙齿外观,即边缘嵴技术。通过集中近远中边缘嵴、打开外展隙、不制作颈皱、颈部选用浅色和加深近远中边缘颜色可以产生牙体近远中径变窄的错觉;而通过颈嵴龈向移、切嵴切向移和唇面做成弧形则可以产生牙体切龈径变长的错觉<sup>[16]</sup>。

缺牙间隙较大时,若恢复正常邻接关系,恢复后形态较邻牙“胖”,影响美观。日常生活中,人们从正面(唇侧)评估颜面部美观,而邻面舌腭侧是视觉盲区。因此,医师可以选择在唇侧恢复协调的形态,在舌腭侧恢复邻接关系,使患牙产生近远中径减小的视觉效果。此外,适当将修复体的远中轴角向舌腭侧旋转亦有类似效果。

由于微笑时只显露牙齿颊嵴的近中部分,前磨牙区缺牙间隙过大时,可适当将修复体的颊嵴向近中移动,使修复体产生近远中径减小的视觉效果,反之亦然(图4)。



A: reference tooth; A': the tooth in a larger edentulous space. If the buccal ridge is modified in a small mesial position, the size of the tooth (A') appears to be the same as that of A from the mesio-distal view (green arrow); dotted line: buccal ridge in A and adjusted buccal ridge in A'; red line: original position of the buccal ridge in A'; green line: distal margin of A'

Figure 4 Optical illusion generalized by adjustment of the buccal ridge

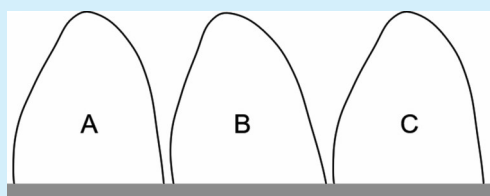
图4 颊嵴近中移动产生的形态错觉

## 2.3 观察者

由于观察事物时有“近大远小”的错觉特点,两个有相交趋势的物体常被认为是平行的,这就是斜塔错觉<sup>[17]</sup>(leaning tower illusion)。联冠和固定

桥牙体预备时基牙形态与“斜塔”类似(图5),医师在牙体预备时受错觉影响可能会磨除一些本该保留的牙体组织。

观察角度改变时,观察者接收到的画面也会



A: reference tooth; B: tilted tooth; C: tooth C is the same as tooth A; the tilted tooth B seems to be parallel to tooth A due to an illusion

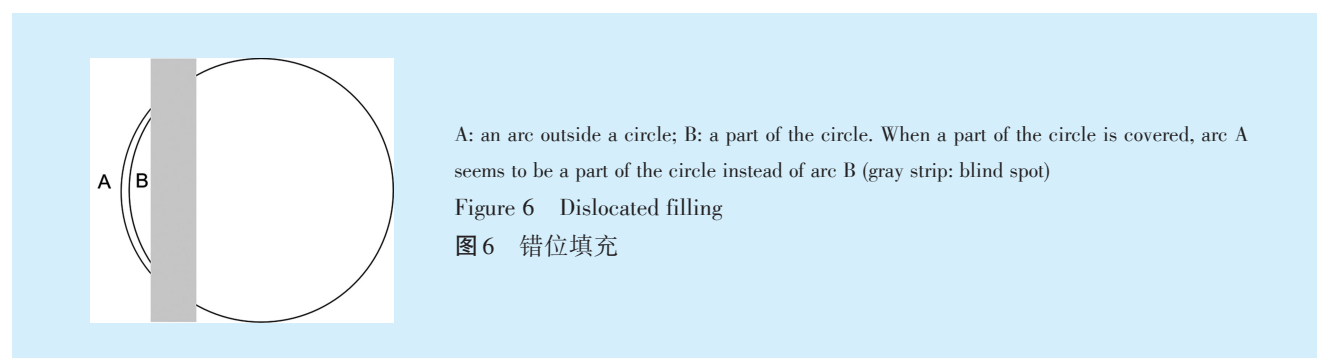
Figure 5 Leaning tower illusion in teeth

图5 牙齿的“斜塔”错觉

发生改变。一个正方形旋转45°后,似乎变成一个更大的钻石,这就是方形-钻石错觉(square-diamond illusion)<sup>[18]</sup>。上颌后牙区进行种植二期手术时,由于术者的观察角度不能垂直于术区近远中径,医师的切口会出现偏斜<sup>[19]</sup>。同理,从唇颊侧、舌腭侧、殆面和近远中向观察牙齿时,看到的牙体形态并不相同。牙体预备时,由于观察角度的局限,边缘嵴(轴邻角)位置往往牙备量不足。医师可利用牙备导板检查牙备量,也可通过数字印模拟合牙备前后数据来分析牙备量是否充足。如果术者姿势倾斜,预备完成后牙齿的长轴也会发生

同方向偏斜,因此,应适时调整牙备姿势,从多个观察角度检查基牙的预备形态。

物体存在视觉盲区时,观察者主观上会主动填充缺失部分,使整体形态连贯<sup>[20]</sup>。这种填充结果与缺失部分真实状态并不一致<sup>[21]</sup>,甚至会出现错位的现象<sup>[22]</sup>(图6),这就是波根多夫错觉(Poggendorf illusion)。后牙牙备时,若预备量较小,牙齿远中邻面存在视觉盲区,医师无法直观判断邻面的预备形态,导致邻面预备结果与预想状态存在偏差,严重时会导致预备量过大。医师可通过数字印模评估基牙的预备质量。



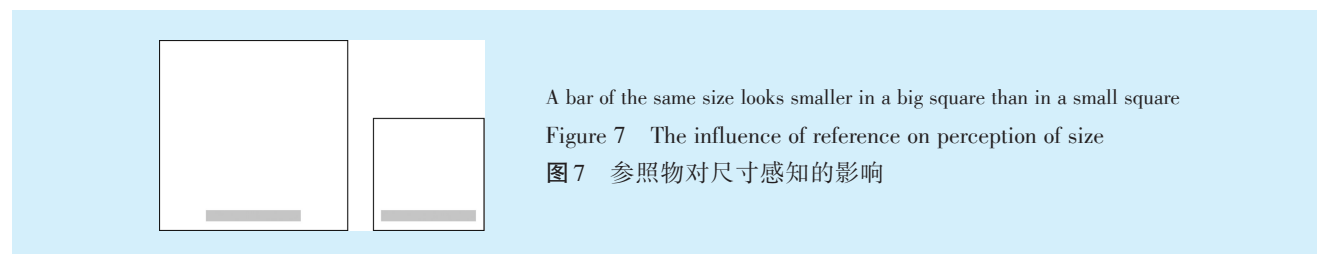
### 3 微笑与面部的视错觉

面部是美学的关键部位<sup>[23]</sup>,而微笑是最能吸引人的面部表情,牙-唇-颜面部协调直接影响微笑的吸引力,合理利用视错觉现象能使微笑变得更加迷人。

#### 3.1 环境因素

参照物的大小会影响术者对观察物的尺寸感知<sup>[24]</sup>,参照物较大时,观察物会显得更小,反之亦然,这是艾宾浩斯错觉(Ebbinghaus illusion)<sup>[25]</sup>,这种错觉的产生取决于周围参照物在视网膜上的成像大小<sup>[26]</sup>。在一个正方形内放置一长条,缩放正

方形,发现正方形放大时,长条的视觉效果相应变小<sup>[9]</sup>(图7)。同理,颜面部器官(如眼睛、嘴巴等)的尺寸感知也受到面部尺寸的影响,面部尺寸减小时,颜面部器官的视觉效果变大。这种错觉现象反过来似乎也成立。Karavaka等<sup>[27]</sup>发现减小瞳孔距离、缩小或下移嘴巴会造成面部拉长的错觉。美学修复时应从整体协调的角度出发,综合评估颜面部各器官的美学呈现。医师在观察时可以使用尺子等工具进行测量,必要时可拍摄照片、影像学检查或面部扫描后,对观察物进行测量分析。



多个观察物之间也存在相互影响。Xia等<sup>[28]</sup>发现在鼻畸形整复中鼻翼基底缩小会增加鼻尖突出的感觉。Isaac等<sup>[29]</sup>发现鼻孔轮廓异常和鼻轴偏

横会产生鼻翼基部宽度增加的错觉。Kosins等<sup>[30]</sup>通过测量发现,微笑时鼻尖的位置与形态变化微乎其微,而鼻部其它部分的形状变化会造成鼻尖

向下俯冲(鹰钩鼻)的错觉。医师在对患者鼻部形态作出评价时,应以精确的测量数据为基础,必要时可拍摄照片或面部扫描后进行数据分析。

### 3.2 牙齿与修复体

牙齿是微笑的重要组成部分,牙列的协调与否直接影响到微笑的吸引力。Di Murro等<sup>[31]</sup>将不同的牙色与肤色排列组合,由300多名观察者对牙色-肤色的美观喜好进行评分,发现牙色可独立于肤色影响微笑的吸引力,牙色越白吸引力越大。因此,医师在进行前牙美学区修复治疗时,不建议选用饱和度过大的颜色。

### 3.3 观察者

细微的差别一般不会引起观察者的注意。Dong等<sup>[32]</sup>调整人像照片中颈部在冠状面上的位置,评估受试者对面中线非对称性的感知敏感性,发现颈部发生2 mm以上位移时口腔医师可以感知中线的不对称,而非专业人员在水平差异高于4 mm时才发现对称性差异。面部分析时,应首先采取头影测量、颌面部扫描<sup>[33]</sup>等测量分析方式,必要时可采用计算机辅助分析<sup>[34]</sup>,防止目视造成的观察误差。值得一提的是,确定患者面中线位置时,医师如位于患者右边,最终确定的面中线位置会向右偏斜。建议医师确定患者面中线位置时,让患者站立,面朝医师,医师从患者正面进行观察。

## 4 其它

两组内圆等大的同心圆,外圆较大的一组其内圆视觉效果较小,这就是德尔博夫错觉(Delboeuf Illusion)<sup>[35]</sup>。医师开髓时受错觉影响,实际开髓孔会比预想中的更大。因此,开髓前医师应根据影像学资料设计开髓方案,揭顶时应使用探针等器械进行检查,以防止开髓孔过大,去除过多健康牙体组织。

## 5 总结

口腔医师在临床工作中会遇到各种视错觉现象,无论是有益的还是干扰的错觉现象都应被重视。部分错觉现象可以掩饰患者颜面部的美学缺陷和不和谐,应合理利用。而部分错觉会干扰医师的正常操作,应进行规避。目前尚无系统临床指南应对繁杂的视错觉现象,今后的科研和临床热点应聚焦口腔医学中的视错觉现象,规范化各类错觉的处理、应对方法,使其成为口腔医师临床

操作规范的一部分。

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