

Composite Bonding – Patient Information

Composite Bonding (or Composite Veneers) involves applying thin layers of composite resin directly onto the front surfaces of your teeth in order to improve the appearance of your smile. Teeth that are discoloured, chipped, rotated or spaced can be transformed!

The teeth involved will require some minimal preparation, removing a thin layer to roughen the surface to aid adhesion of the composite.

Can I Have Composite Bonding?

To find out if this would be a suitable treatment for you, please book a no-obligation consultation. The process will be fully explained to you, and you can ask any additional questions you may have.

We will need to know what your expectations are from the treatment. Please note that we cannot guarantee you will be suitable for Composite Bonding. If not, then we will be happy to discuss alternatives.

How Many Appointments are Needed?

In many cases, the Composite Bonding itself can often be completed in one visit, depending on how many teeth are involved.

A follow-up appointment will be scheduled one week later for tweaks, polishing and refinement.

Your teeth and gums will need to be in good health before Composite Bonding can proceed. Depending on your oral health, some additional treatment may be required in advance, including hygiene visits to improve your periodontal (gum) health if necessary.

Some cases will require a smile design analysis and/or models before we can carry out Composite Bonding. This is usually needed where there is significant tooth wear, but can also be recommended for many cosmetic cases.

If you are planning to whiten your teeth first (see below), then this will involve additional visits.

I Want to Whiten my Teeth First

Tooth whitening is often carried out before Composite Bonding, so that the composite can be colour-matched to the whitened natural teeth. This takes about one month, after which we need to wait two weeks before Composite Bonding.

We use high quality composite resin materials in a range of shades (including super-bright) to match the colour of your natural teeth. This includes the whitest materials available.

There is always a limit to how white your teeth can become with tooth whitening treatment. After a course of whitening, we can review your results and see if further whitening is possible.

If you are happy with your existing shade, we also have natural-looking composites. We aim to get the result that's right for you, using dental photography and artistic judgment as well as your feedback.

How Long Does Composite Bonding Last?

Composite Bonding can last for at least five or six years. However, this does depend on how well you look after your teeth. A simple polish of the Composite Bonding is recommended

once or twice a year for the best appearance, and this can be done during visits to our hygienist.

Sometimes small repairs or simple replacements are needed, and these will be done at no cost during the guarantee period of 12 months. After the guarantee period, any repair work or tweaks will incur a further charge.

Further tooth whitening may be advisable periodically to keep a good colour match as your natural teeth discolour over time.

Looking After Composite Bonding

Sometimes composite can chip when biting hard objects or grinding teeth. You will need to take care to avoid such damage.

Composite material can also stain over time, especially from foods with strong colours, such as coffee, curries, red wine, etc.

Regular check-ups with the dentist and hygiene visits (including polishing) will help keep Composite Bonding in good condition, and allow any repairs to be carried out promptly.

A protective appliance (tooth guard) may be recommended for night-time use to help prevent damage and improve longevity.

Please note that Composite Bonding will usually become a little darker than when first applied, as during placement the teeth are often dehydrated. Slightly reduced brightness is to be expected following rehydration.