

What is Composite Bonding?

Quick Read Information Sheet v3

A quick read, one page information sheet.

Composite bonding is a sought-after treatment thanks to its increasing popularity. But what exactly is composite bonding? We've put together some information about what it is, who it's suitable for and what maintenance is needed.

What is Composite Bonding?

The Composite Bonding treatment uses a tooth-coloured material called 'composite' that is added to the tooth to repair small chips, cracks, and mis-shaped teeth. It is a quick treatment that is usually done in one sitting.

Who is it suitable for?

This treatment is suitable for people who are looking to fix individual teeth that have small chips or cracks. It can be used to build up teeth for people who want their teeth to be the same length. It may also be an option for people who already have composite bonding and want it all replaced and refreshed.

If you are looking to remove gaps or have a more even/straight smile, then composite bonding may be suitable, but it may not be the best option. Our teeth straightening treatments may be best for you in this case.

If you are looking to change the overall shape/length/size of your teeth, then composite veneers may be a better option. It is made of the same material but is designed to cover the surface of the tooth rather than fix any individual teeth.

What maintenance is needed?

Composite bonding is a versatile treatment with fantastic results. To keep it looking fresh, there is some maintenance involved. We would recommend that you maintain good oral hygiene. In addition, you would need a yearly check-up and a scale and polish with your own hygienist. To achieve top of the class oral hygiene, we'd like to see you following these steps every day:

1. Flossing
2. Using mouthwash
3. Brushing your teeth, at least twice a day

Does Composite Bonding stain & chip?

Yes, composite bonding can stain and chip depending on your lifestyle and the foods/drinks you consume.

There are certain foods that are no good such as coffee, red wine, and foods with artificial colouring. You would need to increase the number of times you clean your teeth or cut down on those foods/drinks to avoid the composite staining.

Similarly, you should stop opening things with your teeth, biting your nails, eating a hard baguette etc... with composite bonding or veneers as these things can chip the composite.