



# What is Composite Bonding?

**Composite Bonding** is often a great solution for **minor damage** (such as chips or fractures) or smaller gaps in teeth, as well as to fix tooth discolouration. It can also strengthen teeth.

Composite bonding is not like a traditional metal filling. It is a **composite resin which adheres to a tooth** and is shaped by your dentist to restore or improve the shape, colour and function of the tooth. Your dentist will work to **match the colour** of the composite bonding to your existing teeth, or to an agreed shade. Following the appointment the appearance of the tooth **will look like a natural part of the tooth**.



## Benefits of Composite Bonding



- **Non-invasive** procedure which can usually be completed in a single appointment. This compares to the application of crowns or veneers where the tooth has to be prepared and adjusted to fit and hold the treatment. For composite bonding the surface simply needs “roughening” to allow the resin to adhere.



- It is **fast** and **effective**. The composite material is hardened by a curing light during the appointment. As such the tooth is fully functional by the time you leave.



- It is a **less expensive** option than either Veneers or Crowns.

## Common Questions & Answers

- **Is composite bonding available on the NHS?** In almost all cases Composite Bonding is not available on the NHS as it is classed as an elective cosmetic treatment.
- **Can composite bonding work alongside Teeth Whitening?** Any new whitening treatments should generally be completed ahead of any Composite Bonding. As mentioned earlier the shade of the composite resin will be selected to match your tooth colour. Therefore, it is best to achieve your ideal shade before treatment for bonding begins. Once the composite bond has been placed, it is not possible to whiten it further.
- **Can you have composite bonding with gum disease and/or receded gums?** As you age, and/or if you have suffered from gum disease, your gums may have receded. This presents itself as small spaces between teeth. Composite bonding can be a good solution to mask these spaces.



## What is Composite Bonding (continued)?

**Alternatives to composite bonding?** As a cosmetic procedure the most common alternatives to composite bonding would be:

- Veneers – This is a procedure whereby a thin custom moulding from porcelain is attached to the front surface of a tooth.
- Crowns - A crown is a custom-made tooth-shaped covering that's placed over the entire visible portion of your tooth. A crown will feel and function just like any of your other teeth. Using an EMAX or porcelain crown will allow the crown to match the appearance of your other teeth.

## Taking care of Composite Bonding



- It is recommended to avoid tea, coffee, smoking and food which may stain for 48 hours after having the procedure done.



- Good oral hygiene practices such as regular tooth brushing with an electric toothbrush, as well as regular visits to the Hygienist will help keep the composite bonding clean and unstained.



- Try to avoid biting nails or chewing items hard items such as pen lids, which may chip the material. Composite bonding is not as strong as a normal tooth, so it's important to take precautions to avoid damage. However minor damage is easily repairable.



### Did you know?

Kelsey Park Dental plan members have access to preferential pricing, including 10% off composite bonding.

**10%**  
**OFF**