

# COMPOSITE BONDING



## ***What is composite bonding?***

Composite is a versatile tooth-coloured filling material used to carry out fillings and can also be used for patients seeking an aesthetic improvement in their smile.

Teeth that are discoloured, chipped, worn, rotated or spaced can be transformed by bonding on composite. If you are looking for a change in your smile, composite can be an excellent material to use on its own, in combination with other treatments such as orthodontics (braces or aligners), or as an alternative to porcelain veneers.

## ***Consultation***

It is important to have a consultation to determine exactly what your needs are, and for your dentist to highlight any other considerations or aspects which you may not be aware of. Once we know what you would like to achieve, we can provide a bespoke treatment plan for your teeth.

It is important to ensure you have a healthy mouth before embarking on any cosmetic treatment. This includes an excellent oral hygiene regime, healthy gums and teeth. We will ask you to see the hygienist before and after treatment to ensure that your mouth remains healthy before and after any cosmetic work.

It is also important to be happy with the shade of your teeth before starting. If you are looking to achieve whiter teeth, it is best to have any whitening done before any other treatment is carried out, so that we can ensure all your work matches.

## ***What are the alternatives?***

You can always do nothing and we can help by monitoring your teeth and keeping them healthy. Other options can be porcelain veneers. Veneers are an excellent option if you are looking for a complete smile redesign, however they do require some removal of your tooth.

## ***Does it hurt?***

Often, the treatment can be done without any local anaesthetic. If there are fillings involved, then some anaesthetic will be given but most of the time composite bonding is a pain free procedure.

## ***Risks and complications of composite bonding***

- In preparing the teeth for treatment it may be necessary to reduce or roughen the surfaces of the teeth where the composite will be bonded; this will be done as conservatively as possible.
- If the filling/bonding breaks or comes off, the uncovered tooth may become susceptible to decay if the composite is not replaced in a timely manner.
- Sensitivity of teeth: Through the process of preparing and polishing the teeth, there is the possibility of the development of tooth sensitivity which may last for days or months following tooth preparation. In most cases, this sensitivity will alleviate over time but in rare instances is permanent.
- Chipping, breaking or loosening of the composite may occur any time following placement. Many factors may contribute to this happening such as: chewing of excessively hard materials; changes in biting forces; traumatic blows to the mouth; failure of the bond between the composite and tooth; and other such conditions over which the dentist has no control.
- Alteration in speech: Since the composite may be wider and/or longer than the teeth they are covering, a difference in speech may be evident. This usually returns back to normal after a few days. The composite may need to be adjusted in order to alleviate problems with speech.
- Sensitive or allergic reactions to anaesthetics or materials used in the procedure.
- Aesthetics: Every attempt possible will be made to match and coordinate both the form and shade of the composite, which will be placed to be cosmetically pleasing to the patient. However, there are some differences, which may exist between that which is natural and that which is artificial, making it impossible to have the shade and/or form to perfectly match your natural dentition. Once the bonding is completed, should the patient desire any changes later, a fee may be assessed to cover any extensive adjustments or remakes.

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- Longevity: It is impossible to place any specific timespan or guarantee on the length of time that composites should last. Once the tooth structure is prepared the patient is committed to having the composite for life. Should the composite become damaged, leaky, or stained, they will need to be replaced. A rough estimate for composites is around 5-7 years.
- Composites are susceptible to staining just like natural teeth. Composite resin tends to stain more readily than porcelain. The composite may need to be polished regularly. If there is excessive staining, marginal leakage, or chipping occurs the composite may need to be changed. Every attempt to avoid stain inducing foods and drinks should be avoided.
- An acrylic lab fabricated night guard may be indicated to help protect your composites from damage due to nighttime clenching and grinding. This is often the case when restoring teeth due to toothwear.
- Rare risk: Any time treatment is carried out on a tooth whether it be a filling, crown, onlay or veneer there is a small risk to the nerve. This could result in pain from the tooth requiring root canal treatment, or in worst case scenario, loss of the tooth if it cannot be saved. Whilst composite bonding is very conservative to the natural remaining tooth structure, there is nonetheless a very small risk associated with this type of treatment.

## ***How much will it cost and how long will it take?***

Depending on your treatment it can take a few visits. On your first appointment most of the treatment will be carried out and this is a longer appointment. At your second appointment your dentist will carry out some further polishing and make any refinements once you have had time to get used to your new smile.

Cost and time are dependent on the tooth, but generally the cost of composite bonding is £200-250 per tooth.

Patient's Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_