



every**smile**

# CREATING YOUR DREAM SMILE



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SMILE, BOND, SHINE!

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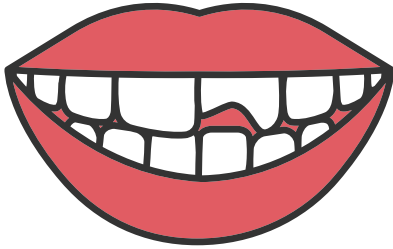


This guide will tell you all you need to know about composite bonding and veneers! We'll walk you through what they are, how they work, the benefits, how to take care of your smile afterwards and more.

Our goal? To give you all the information you need so you can make smart choices about your teeth and your smile!

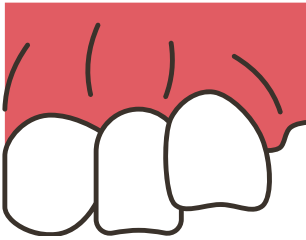
# HOW CAN I IMPROVE MY SMILE?

## CHIPPED TEETH



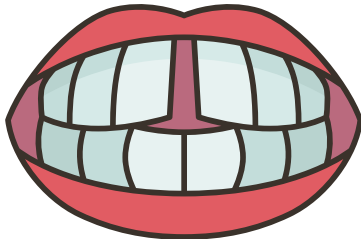
Chipped teeth are often the result of accidents or wear and tear. They can cause discomfort and self-consciousness due to their appearance and potential irritation. Composite bonding and veneers quickly repairs the chips, improving both the look and feel of your teeth.

## UNEVEN TEETH

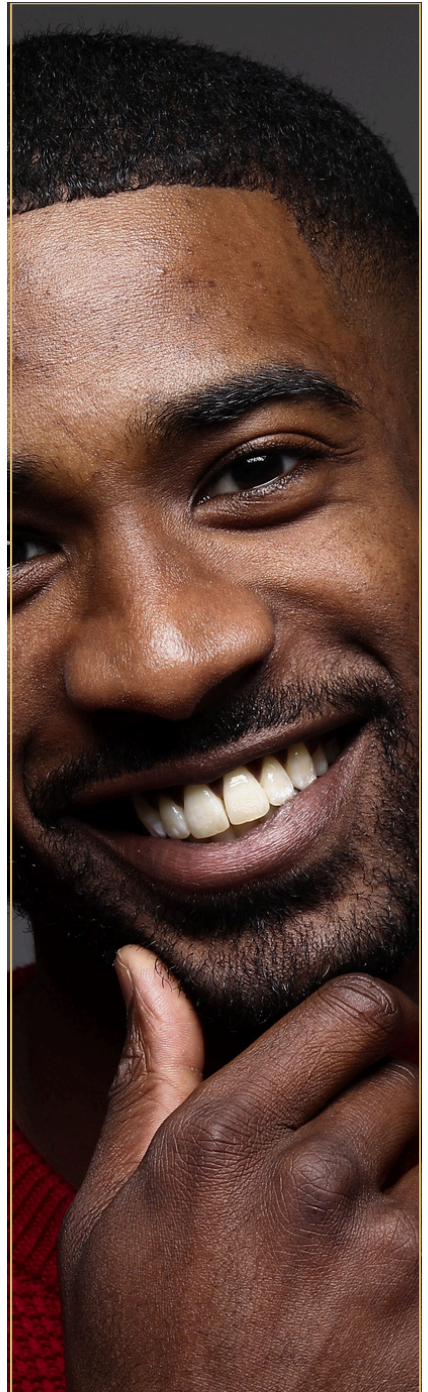


Uneven teeth disrupt the symmetry of your smile, leading to self-esteem issues. Composite bonding and veneers help with the rough spots, providing a consistent and attractive appearance.

## GAPPED TEETH



Gapped teeth trap food particles and lower your confidence in your smile. Composite bonding and veneers effectively close these gaps, restoring your smile's appeal and simplifying oral hygiene.





# WHAT IS COMPOSITE BONDING?

**Composite bonding, also known as dental bonding, is a cosmetic dental procedure that involves the application of a tooth-coloured resin material to the surface of your tooth.**

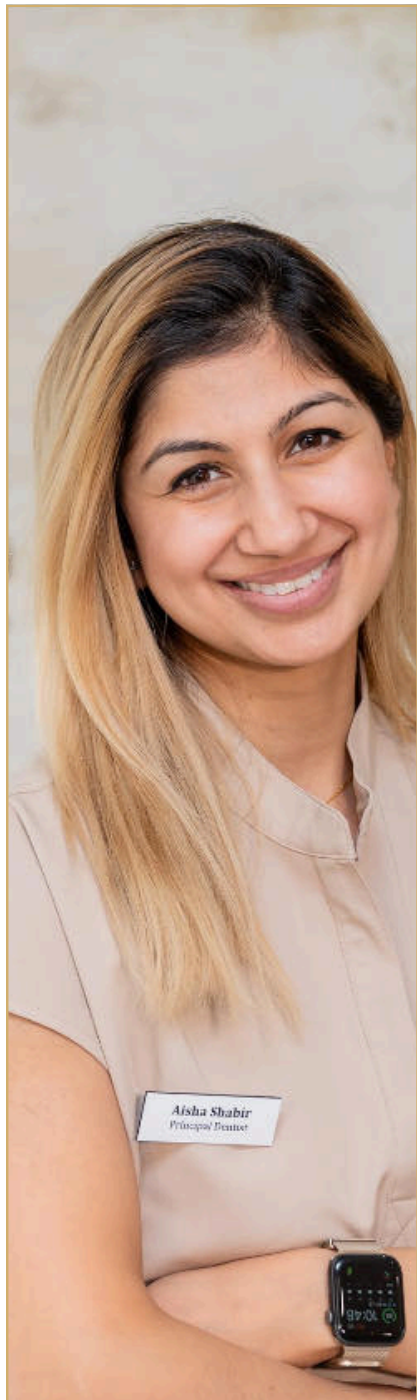
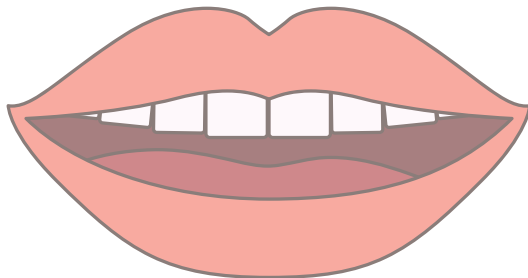
This resin is carefully shaped and polished to enhance the appearance of the tooth, correct minor imperfections, and create a more aesthetically pleasing smile.

It is commonly used to address issues such as chipped or cracked teeth, gaps between teeth, misshapen teeth, and minor alignment problems.

Dental bonding is a minimally invasive and relatively quick procedure, making it a very popular choice for those who are looking to improve their smile, without more extensive dental work.

The end result is a natural-looking and harmonious smile that can boost your confidence!

**YOUR DENTIST CAN HELP DETERMINE  
IF COMPOSITE BONDING IS THE  
RIGHT OPTION FOR YOUR SPECIFIC  
DENTAL NEEDS.**





# BENEFITS OF COMPOSITE BONDING



## Minimally invasive

It is a procedure that often requires little to no removal of natural tooth structure. This means your teeth remain largely intact, promoting better long-term dental health.

## Quick

Most composite bonding procedures can be completed in a single dental visit, offering immediate results without the need for multiple appointments or extended treatment times.

## Pain-free

Composite bonding is typically a pain-free procedure, meaning you can achieve a more beautiful smile without discomfort during or after the treatment!

## Natural look

The tooth-coloured resin closely mimics the look of natural teeth, providing a seamless and natural appearance. It's challenging to distinguish bonded teeth from your real teeth!



# THE COMPOSITE BONDING PROCEDURE

01

## Consultation

Your journey begins with a consultation! You'll discuss your goals and expectations, and your dentist will assess your teeth to see if composite bonding is the right solution for your needs.

02

## Colour matching

The dentist will select a shade of composite resin that closely matches the colour of your natural teeth. This ensures a seamless and natural-looking result!

03

## Tooth preparation

Little to no tooth preparation is required. Your dentist may need to roughen the tooth's surface slightly to help the bonding material adhere effectively.

04

## Application of resin

The dentist applies the tooth-coloured composite resin to the tooth's surface, shaping and moulding it to achieve the desired result.

05

## Bonding

To secure the resin in place, your dentist will use a special curing light that hardens the material. This process may take a few seconds to a minute for each tooth.

06

## Sculpting, polishing & final adjustments

After curing the resin, your dentist sculpts it for a natural look, polishes it smooth to match your teeth seamlessly, and makes any final tweaks for the desired appearance.

# WHAT ARE DENTAL VENEERS?

Dental veneers are thin, custom-made shells designed to cover the front surface of teeth to improve their appearance. They are typically made from porcelain and are bonded to the front of the teeth. Veneers are used to address various cosmetic issues, including:

- Discolouration or staining that doesn't respond well to teeth whitening.
- Chipped or broken teeth.
- Irregularly shaped or uneven teeth.
- Gaps between teeth.
- Mildly crowded teeth.





# BENEFITS OF DENTAL VENEERS



## Durability

Dental veneers are generally more durable and resistant to staining. Veneers are made from porcelain or ceramic materials, which are harder and more stain-resistant than the composite resin used in bonding.

## Appearance

Veneers often provide a more natural and aesthetically pleasing result. The material used in veneers reflects light in a way that mimics natural tooth enamel, creating a realistic and translucent appearance.

## Stain resistance

Porcelain veneers are highly resistant to staining from coffee, tea, wine, and other common stain-inducing substances. This can help maintain the whiteness of the teeth over time.

## Longevity

Veneers typically last longer than composite bonding. Veneers can last 10–15 years or more with proper care.

# THE DENTAL VENEERS PROCEDURE

## 01 Consultation

During your first visit, you'll discuss your goals and expectations with your dentist. They will examine your teeth, take X-rays, and determine if veneers are the right option for you.

## 02 Treatment planning & colour matching

Your dentist will work with you to plan the size, shape, and colour of the veneers. This may involve taking a digital scan of your teeth and photographs to help design your smile.

## 03 Trial smile

This trial smile allows the patient and the dentist to assess the appearance, fit, and overall satisfaction with the proposed changes to the patient's smile. During this phase, the patient can evaluate the aesthetics of the veneers, provide feedback on the colour, shape, and size, and make any necessary adjustments before the final veneers are manufactured.

## 04 Tooth preparation

To make room for the veneers and ensure a proper fit, the teeth are prepared (very minimal). In some cases, little to no enamel removal is necessary. You will have temporary veneers placed on your teeth whilst the permanent ones are being hand-crafted. This helps protect your teeth.

## 05 Bonding appointment

Once the veneers are ready, you'll return to the dentist for the bonding procedure. The dentist will check the fit and colour of the veneers before permanently attaching them to your teeth.

## 06 Final adjustments

After bonding, the dentist may make final adjustments to ensure the bite is comfortable, and the veneers are properly aligned.

**The entire process typically takes a few weeks, but it can vary based on factors such as the complexity of the case and the type of veneers used. It's essential to follow your dentist's post-care instructions for maintaining and caring for your new veneers.**

# AFTERCARE

Taking care of your teeth after getting composite bonding or veneers is crucial to make sure they last and looks good. Here are a few important things to keep in mind!



## Avoid Staining Substances

To maintain the colour of the bonded teeth, it's advisable to avoid or limit the consumption of staining substances such as coffee, tea, red wine, and tobacco. These can affect the appearance of the bonded teeth or veneers over time.

## Gentle Toothpaste

Use a non-abrasive toothpaste to prevent scratching or damaging the surface of the composite resin. This helps to keep the teeth smooth and free from potential abrasions.



# AFTERCARE

\* CONTINUED \*

## Avoid Chewing on Hard Objects

Avoid biting or chewing on tough objects like ice, pens, or hard candies. Even though composite bonding and veneers are strong, too much pressure can damage them.

## Regular Dental Check-ups

Make sure you keep up with your regular dental check-ups to keep an eye on how your teeth are doing. Your dentist can catch any problems early and take care of any needed fixes or maintenance.

## Immediate Attention to Issues

If you see anything different with your teeth, like chips, cracks, or discoloration, don't wait. Get in touch with your dentist right away. They can fix things up quickly, stopping any more issues and keeping your smile in good shape.

## Regular Dental Cleaning

Regular professional dental cleanings remove built-up plaque and tartar, ensuring your teeth stay clean and healthy.



## Composite bonding

### MATERIAL

Tooth-coloured resin on your tooth, shaped and polished until it looks the way you want it.

### TOOTH ALTERATION

Minimal tooth alteration, often little to no removal of natural tooth structure.

### COST

More cost-effective than veneers.

### DURABILITY

Durable, but not as resistant to staining or as long-lasting as veneers.

## COMPOSITE BONDING VS VENEERS

### Veneers

#### MATERIAL

Thin shells, usually made of porcelain, custom-made to fit over the front surface of the teeth.

#### TOOTH ALTERATION

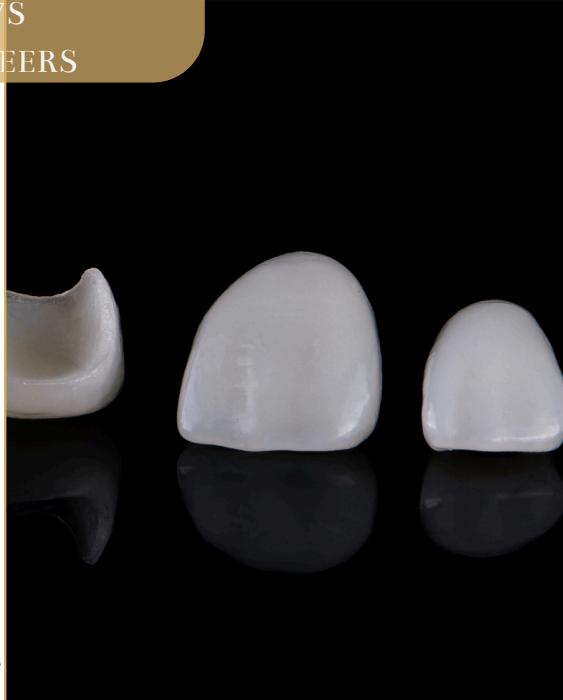
May require the teeth to be prepared, as it involves removal of a thin layer of enamel, but not all the time. Discuss with your dentist.

#### COST

More expensive than composite bonding due to the materials used and the more complex procedure.

#### DURABILITY

Highly durable and stain-resistant, a longer-lasting solution when compared to composite bonding.





## FINAL CONSIDERATIONS

### AESTHETICS

Both composite bonding and veneers can make your smile much better, but veneers usually give a more polished, refined and long-lasting result.

### MAINTENANCE

While both options require good oral hygiene, veneers may require less maintenance over time, with fewer risks of staining.

### REVERSABILITY

Composite bonding is reversible, as the procedure involves minimal alteration to the natural teeth. Veneers, on the other hand, are irreversible due to the enamel removal.

**In the end, deciding between composite bonding and veneers comes down to things like what your teeth need, how much you want to spend, and what you like. It's super important to talk to your dentist to figure out which choice fits your goals and keeps your mouth healthy.**



# FAQs

## 01. Is composite bonding painful?

No, composite bonding is typically not painful. The procedure is minimally invasive, and local anaesthesia is usually not required. Patients may experience some sensitivity during and after the process, but it is generally well-tolerated.

## 02. How long does composite bonding last?

Composite bonding can last around for 3 to 5 years, but it depends on how well you take care of your teeth. Many patients who start their composite bonding journey ultimately end up with dental veneers to maintain the aesthetics

## 03. Can I eat normally after getting composite bonding?

Yes, you can go back to your regular eating habits. Just avoid biting into extremely hard objects to prevent any damage. Also, limiting the consumption of staining substances can help maintain the appearance of the bonding.

## 04. Can composite bonding fix crooked teeth?

It's good for minor fixes and reshaping, but if your teeth are seriously crooked, you might need something more than bonding. Orthodontic treatments could be a better fit for big fixes.

## 05. Is composite bonding suitable for fixing discoloured teeth?

Yes, composite bonding is an excellent option for improving the appearance of discoloured teeth.

## 06. Do my teeth need to be shaved down for dental veneers?

NO! Dental veneers are like contact lenses for your teeth, they are a thin shell bonded onto your tooth surface. Your dentist will discuss the amount of tooth preparation required however this is very minimally (up to 1mm).

# BEFORE & AFTER

## SMILE MAKEOVERS



Book your consultation  
today and start the  
journey towards a  
brighter smile!



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