

COMPOSITE BONDING MAINTENANCE

Composite bonding can last for many years, but there are some important aftercare considerations to help you keep your smile in great condition for longer.



- Avoid eating or drinking anything that is bright or richly coloured including strawberries, blueberries, red wine and coffee
- Avoid food or drinks that are very hot (for at least the first 48-hours)
- Do not bite your nails
- Avoid grinding your teeth. We know this might happen while you sleep, so we offer mouth guards with some of our composite bonding treatments;
- Avoid directly chewing with your front teeth when you are eating foods such as carrots, apples, meat which may have bones or grit in it, hard bread rolls or anything else which requires a tough chew

CHIPS & BREAKS

Chips & breaks can happen from time to time. In the instance your composite bonding does break or chip, it can quickly and easily be repaired. We recommend a quick visit to the clinic, where a dentist will take a look at the damage and make a recommendation regarding next steps. In most cases, new bonding can be applied on top of the existing bonding.



REVIEW APPOINTMENTS

To enable us to help you to maintain and care for your composite bonding and importantly general Oral Health, we recommend you regularly attend every 6 months for Oral Health checks and Hygiene visits.

How long bonding lasts varies between each individual and depends on a number of factors, including: age, history of trauma to teeth, diet, oral hygiene, and smoking.

You can help maintain your bonding results with great oral hygiene practices. This include brushing your teeth a minimum twice a day and using dental floss and mouthwash daily. You should also continue to see your dentist for your regular 6 monthly check ups to ensure any issues are found as early as possible.