



Composite Bonding

do's and don't's

Ibbott & Co.
DENTAL CLINIC

How to care for your Composite Bonding...

We know that having Composite Bonding is an investment, so we want to ensure you have all the right information to care for it long term.

- Ensure you attend for regular Dental Health Assessments and Hygiene Maintenance visits.
- Carefully floss between your bonding as you are less likely to get stain building up. If you cant use floss ensure you use inter proximal brushes or whatever has been recommended by your hygiene therapist.

How to care for your Composite Bonding...

- Don't use whitening toothpaste. It will scratch the bonding and make it go dull. If you want to whiten the other teeth then use professional tooth whitening as prescribed by your dentist.
- Normal eating is fine but don't do things your teeth aren't meant to do like:
 - bite cotton/ sellotape
 - chew pen lids
 - open bottles
- If you grind your teeth and you have been advised to have a protective bite guard then make sure you wear it. Every night.

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How to care for your Composite Bonding...

- If you don't wear the protective bite guard your bonding will wear down quicker.
- Be careful biting into hard things like crusty baguettes.
- And make sure you do lots of smiling to show it off!!

