

# White Fillings with Composite Bonding

Dental bonding is a technique that has been used in dentistry for many years, yet many of you will be unaware of its wide range of applications and how the technique can be used to transform your smile in just a single visit.

The process involves the skilful and artistic use of the correct amount and colour of "dental composite". This material is made from acrylic resin and has a paste-like consistency allowing it to be moulded to the desired shape. Bonding is used for a variety of cosmetic dental procedures, including:

- Filling dental cavities - "white" fillings
- Replacing metal or amalgam fillings
- Rebuilding broken, chipped or worn teeth
- Closing gaps between teeth (diastemas)
- Reshaping teeth (direct composite veneers)
- Smile makeovers – often in combination with tooth whitening. Composite veneers can also be used to mask imperfections such as white flecks or discolouration

## Composite "White" Fillings

Dental composite bonding is a popular choice for fillings because the material can match the shade, translucency and even the texture of your own natural teeth and provides a much better aesthetic result than old amalgam silver fillings, which can be unsightly when you smile. We may replace old metal fillings with tooth-coloured composites at your request.



Above: silver coloured amalgam restorations have been replaced with tooth coloured composite restorations that are almost invisible.

## Can Bonding be used for all Cavities?

Bonding is not suitable if you have large cavities in your teeth, as the material does not have a strong structure over large areas. Bonding is ideal for small fillings that are not exposed to great forces. With recent advances in dental technology, for larger restorations we may use modern ceramic fillings (inlays), which have the advantages of both strength and aesthetics.

## So What is the Procedure of Composite Bonding?

With this technique it is often possible to achieve a nice result with little or no tooth preparation and usually without the need for local anaesthetic. Once the correct shade of composite has been selected (at Market Weighton Dental Practice we have a digital shade taking device to ensure an exact match). The tooth is then etched prior to applying the bonding agent. The composite material is then layered and manipulated until the desired shape, translucency and texture is achieved. A special light source (curing light) is used to set the composite. The final step involves polishing and buffing to give the desired shape and smooth finish.

## Example of some of Mark's work.



Before treatment

After treatment

The above patient was referred to Mark by a dentist working in Hornsea. The patient was thrilled with her "new teeth" and now has "much more confidence" when she smiles.

Her treatment was completed in just over an hour, with very minimal tooth preparation/re-contouring and without the need for injections.

## What are the Advantages/Disadvantages of Composite Bonding?

Direct composite restorations are cost effective with fees starting from as little as £70 per tooth. With this technique we can obtain a very nice result with little or no damage to the underlying tooth, unlike conventional porcelain veneers. Composite restorations can be easily repaired if they become damaged. Direct composite veneers often require a polish to keep them looking fresh. This can be carried out free of charge at your check-up appointment.