

A close-up portrait of a woman with light brown hair, wearing black-rimmed glasses and a vibrant, multi-colored patterned shirt. She is smiling warmly at the camera. The background is dark, making her face and shirt stand out.

 Seapoint Clinic

# Composite Bonding

AFTERCARE & INSTRUCTIONS

# Welcome to Your Composite Bonding Journey

Congratulations on your decision to enhance your smile with composite bonding at Seapoint Clinic!

This cosmetic procedure is a fantastic step towards achieving a brighter, more confident smile. Our skilled dentists use a specially formulated composite resin, colour-matched to your natural teeth, to address concerns like chipped, discoloured, or misaligned teeth, delivering stunning results in just one visit.

At Seapoint Clinic, our patient-focused approach ensures your composite bonding is crafted with precision, using high-quality materials to achieve a natural and long-lasting result.

Over time, teeth can become chipped, discoloured, or slightly misaligned due to everyday wear, dietary habits, or minor trauma. These imperfections can make you feel self-conscious about your smile.

Our expertly applied composite resin seamlessly blends with your natural teeth, offering a minimally invasive solution to enhance your smile directly in our clinic.

## The Benefits

- 1 | Natural Appearance:** The composite resin is precisely matched to your teeth, seamlessly concealing imperfections.
- 2 | Minimally Invasive:** Preserves your natural tooth structure, requiring no drilling or enamel removal.
- 3 | Enhanced Aesthetics:** A whiter smile complements your overall appearance, aligning with the natural colour of your eyes for a harmonious look.

## The First 48 Hours

Since composite bonding is non-invasive, you can resume normal activities immediately. However, your teeth may feel slightly different to your tongue for the first 48 hours as you adjust to the new shape. You might experience mild gum sensitivity or irritation, which can be managed with a toothpaste for sensitive teeth, such as Colgate ProRelief, and over-the-counter pain relief like ibuprofen if needed. If your bite feels uneven after a few days, contact us to schedule an adjustment. Small fragments of excess bonding material may come loose in your mouth shortly after the procedure – this is normal and harmless.

# Composite Bonding Aftercare Instructions & Long-Term Care

## Immediate Aftercare (First 48 Hours)

For the first 48 hours, your bonding is more susceptible to staining and damage as it fully sets:

- 1 Avoid Staining Foods and Drinks:** Refrain from consuming coffee, tea, red wine, and foods with strong artificial colours, such as berries or curries, to prevent discolouration.
- 2 Be Gentle When Eating:** Avoid hard, crunchy, or sticky foods that could chip the bonding material.
- 3 Oral Hygiene:** Continue brushing and flossing as normal, using a soft-bristled toothbrush to avoid irritating your gums. A toothpaste for sensitive teeth can help if you experience mild discomfort.

## Managing Sensitivity

You may notice slight gum sensitivity or irritation after the procedure. This is normal and should subside within a few days. To manage:

- 1** Use a toothpaste for sensitive teeth, such as Colgate ProRelief, for a few days.
- 2** Take over-the-counter pain relief, like ibuprofen, if needed.

- 3** If sensitivity persists beyond a week, contact us for advice.

## Long-Term Care

To ensure your composite bonding lasts as long as possible, follow these guidelines:

- 1 Maintain Excellent Oral Hygiene:** Brush twice daily with a soft-bristled toothbrush and fluoride toothpaste, and floss daily to prevent plaque buildup and decay around the bonded teeth.
- 2 Avoid Harmful Habits:** Do not bite your nails, chew on pens, or use your teeth as tools, as these actions can chip or damage the bonding material.
- 3 Limit Staining Substances:** Reduce consumption of staining foods and drinks like coffee, tea, and red wine. Rinse your mouth with water after consuming these to minimise staining.
- 4 Quit Smoking:** Smoking can discolour your bonding and natural teeth. You can access free support through the HSE to help you quit and maintain your bright smile.

## Protecting Your Bonding

Composite resin is durable but not as strong as natural teeth:

- 1 Avoid Hard Foods:** Refrain from biting into hard foods like ice or nuts on the bonded teeth to prevent chipping.

- 2 | Wear a Nightguard if Needed:** If you grind your teeth at night, a custom-made nightguard is essential to protect your bonding from wear and damage. We can fabricate one for you.

## What to Do if Damage Occurs

If you notice chipping, cracking, or separation of the bonding material, don't panic. This can often be repaired quickly and painlessly. Contact us as soon as possible to schedule a touch-up appointment.

## Regular Dental Visits

Attend your routine dental check-ups every 6 months. We'll monitor the condition of your bonding, perform professional cleanings to remove any stains, and make minor adjustments if needed. With proper care, your composite bonding can last 5 years or more before needing a polish or minor refurbishment.

## Enhancing Your Results

To keep your smile looking its best, consider these additional steps:

- 1 | Professional Touch-Ups:** Over time, your bonding may develop minor stains or wear. A quick polishing session during your routine visits can restore its original shine.
- 2 | Lifestyle Adjustments:** Complement your bonding with habits that support oral health,

such as drinking through a straw to reduce contact with staining liquids and staying hydrated to promote saliva production, which naturally cleanses your teeth.

- 3 | Complementary Treatments:** If desired, discuss options like teeth whitening for your non-bonded teeth with your dentist to achieve a uniformly bright smile.

Composite bonding is designed to last, but its longevity depends on your care routine and lifestyle, with consistent oral hygiene and avoiding excessive force from grinding extending its lifespan.

## Contact Us

### Email:

[info@seapointclinic.ie](mailto:info@seapointclinic.ie)

### Phone:

01 284 2570

### Opening Hours:

- Monday: 08:00 – 17:00
- Tuesday: 08:00 – 19:00
- Wednesday: 08:00 – 19:00
- Thursday: 8:00 – 19:00
- Friday: 08:00 – 17:00
- Saturday: 08:00 – 14:00
- Sunday: Closed