



SALE DENTAL SPA

Composite Bonding

Your guide to a same-day smile refresh

Reviewed by Dr Hamza Mirza, Clinical Lead · GDC 298973 · Last reviewed August 2026

Creating beautiful natural smiles since 2005

Composite bonding is a simple cosmetic dental treatment that improves the appearance of your teeth using a tooth-coloured material that is carefully applied and shaped by your dentist. It can be used to repair chips, close small gaps, improve the shape of teeth, and create a more even, attractive smile.

How Does Composite Bonding Work?

Composite bonding involves applying a tooth-coloured resin material directly to the surface of the tooth, where it is carefully shaped and sculpted to achieve the desired result. The material is then hardened using a special curing light and polished to blend naturally with the surrounding teeth.

Composite bonding can be used to fix a variety of cosmetic concerns, including chipped or cracked teeth, small gaps, uneven edges, worn teeth, minor misalignment, and discolouration. It is a quick treatment that can instantly improve the shape, symmetry, and overall appearance of your smile.

One of the biggest advantages of composite bonding is that it is usually completed in **just one visit** and requires **little to no drilling**. In most cases, the natural tooth structure is preserved, making it a quick, minimally invasive way to enhance your smile.

How Long Does Composite Bonding Last and Is It Worth It?

With good oral hygiene and regular dental check-ups, **composite bonding can last typically from 3 to 7 years**,

Many patients choose composite bonding because it is a **more conservative and affordable alternative to veneers**.

Composite bonding can be **easily repaired, adjusted, or reshaped** if your smile goals change in the future. Veneers, on the other hand, usually require the removal of a small amount of enamel, making the treatment irreversible. Once veneers are fitted, the teeth will always need ongoing veneer or crown restoration. For many patients, composite bonding offers an excellent balance of aesthetics, flexibility, and preservation of natural tooth structure.

Does Composite Bonding Stain?

Yes, **composite bonding can stain over time**, especially if you regularly drink tea, coffee, red wine, or smoke. Unlike natural teeth, composite resin cannot be whitened with teeth whitening treatments, so it is important to look after it properly.

The good news is that with good oral hygiene, regular dental cleanings with our team, and sensible habits, composite bonding can maintain its appearance for many years. If it does become stained, chipped, or worn, it can often be polished, repaired, or replaced relatively easily.

Composite bonding can stain over time, but with proper care it can stay looking beautiful for years. If changes do occur, the bonding can usually be refreshed or repaired without major treatment.

Can Composite Bonding fix crooked teeth?

Composite bonding can improve the appearance of mildly uneven or slightly crooked teeth, but it **cannot physically move teeth**. More significant alignment issues may be better treated with clear aligners.

Can Composite Bonding Chip or Break?

Yes, **composite bonding can chip or break**, just like a natural tooth, especially if you bite hard foods, chew ice, bite your nails, or use your teeth to open packaging.

However, composite bonding is durable enough for normal everyday use, and if a chip does occur, it can usually be **repaired quickly and easily** without replacing the entire restoration.

While composite bonding is strong and designed to last, it can chip or break under excessive force. The good news is that any damage can often be repaired quickly and simply by one of our dentists.

Ready to Take the Next Step?

Thinking about composite bonding? Our lovely team are willing to help you and decide your best option and what is right for your teeth, book a **complimentary consultation** and let us tell you the best path to go with. We look forward to welcoming you and helping you achieve the smile you always wanted.

Two ways to have bonding at Sale Dental Spa

Composite Bonding is our standard treatment for chips, gaps and small refinements, often completed in a single visit.

Smile Design Bonding includes the full design experience: photographs, a digital design drawn up by our Clinical Lead, a trial smile you wear and approve before anything is bonded, and teeth whitening included. If you are changing the look of your smile rather than fixing a single tooth, this is the version most patients choose.

See it before you decide

At Sale Dental Spa, every cosmetic journey starts with a **free Smile Design consultation**: photographs, a digital scan, and an on-screen preview of what is possible, plus a written plan you keep. For bonding, veneer and smile makeover cases, you can even **wear a trial smile and approve it before anything permanent is done**.

What does it cost?

Prices are always current on our website at saledentalspa.co.uk/fees, and 0% finance options are available through our finance partner.

Better still: book a **free Smile Design consultation** and you will leave with a written plan and exact pricing for your own teeth, with nothing to pay for the consultation and no pressure to go ahead.



A real Sale Dental Spa patient, treated at our practice. Shared with their kind permission.

The Smile Design journey

Visit 1 · Free Smile Design consultation	Chat, exam, photographs and a digital scan. See an on-screen preview of what is possible and leave with a written plan and exact pricing. Nothing to pay.
Visit 2 · Your trial smile	Your design is crafted by the lab and fitted as a temporary trial you wear and see in the mirror. We adjust until you approve it. Nothing permanent has happened yet.
Visit 3 · Treatment	Your approved design is made permanent. You already know exactly how it will look, because you chose it.

Rated 4.8 from over 370 Google reviews

Ready when you are

Book a free Smile Design consultation and see what is possible before you decide anything.

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