Caring for Bonded Teeth | Core Dental

Canonical: https://www.coredental.com.au/do-bonded-teeth-require-any-special-care/

Details:

Bonded teeth do not generally need special aftercare. You can brush, floss and eat as you normally would, although good oral hygiene helps the bonding material last. Dental bonding attaches tooth-coloured resin to a tooth to repair, reshape or recolour it. At Core Dental we suggest brushing twice a day with fluoride toothpaste, flossing daily, limiting staining foods and drinks, and avoiding habits such as nail biting that can chip bonding. Your dentist will give advice for your own teeth.

What is dental bonding?

Dental bonding involves attaching a tooth-coloured resin, a durable plastic material, to a tooth using a special adhesive that is hardened with a curing light. The dentist shapes and polishes the resin so that it blends in with your natural tooth.

Bonding may be used to:

repair chipped or cracked teeth

fill teeth affected by decay

change the size, shape or colour of a tooth

close small spaces between teeth

It is often completed in a single visit and usually needs little or no removal of natural tooth, although this depends on the tooth and what you want to achieve. Our cosmetic dentistry team can talk you through whether bonding or another option such as veneers suits you.

What daily habits help bonded teeth last?

Bonded teeth are cared for in much the same way as natural teeth.

Brush at least twice a day with fluoride toothpaste, using a soft brush and gentle technique. Our article on brushing your teeth the right way has more detail.

Floss at least once a day, bringing the floss right up to the gum line, so that plaque does not build up where bonding meets the tooth.

Follow a healthy diet that is low in sugar and acid to help prevent decay around the edges of the bonding.

Visit us for regular check-ups and cleans, so we can check the bonding and polish it if needed.

How can you protect bonded teeth from staining?

The resin used in bonding can pick up stains over time, just as natural teeth can. To help reduce staining, consider cutting down on or avoiding:

tobacco products

tea and coffee

red wine and other deeply coloured drinks

Bonding material does not respond to whitening products in the same way as natural enamel, so if you plan to whiten your teeth, please talk to us first. Whitening is usually planned before bonding is placed so that the shades can be matched. See our article on teeth whitening for more.

What habits can chip or wear down bonding?

Bonding is durable, but it is not as strong as natural enamel. Habits that can wear down or chip bonded teeth, and the natural tooth beneath, include:

biting your fingernails

chewing on pens, pencils or ice

using your teeth to open packets or bottles

grinding or clenching your teeth, especially at night

If you grind your teeth, ask us about a custom-made mouthguard or splint , and wear a mouthguard when you play contact sport.

When should you contact your dentist?

Please book a visit if you notice a chip, a rough edge, a change in colour, sensitivity or a bite that feels uneven. Bonding can often be repaired or polished. How long it lasts varies from person to person and depends on the position of the tooth, your habits and your oral hygiene.

What bonding is, in the published description

Bonding is the least invasive of the cosmetic options, and the published description explains both why it is quick and why it needs looking after.

The Victorian Department of Health, on filling using resin composite: "Resin composite is a tooth-coloured material that is glued (bonded) onto the tooth."

Glued onto the tooth — which is the key difference from a veneer or a crown, where tooth is cut away to make room.

What it is used for. The Department lists three jobs: "Repairs chips, holes or decay in the tooth."; "Replaces old fillings that have discoloured or broken."; "Covers up some defects on the surface of the tooth."

How it is placed. "The resin composite material is placed directly on the tooth and set immediately with a light. The surface is polished smooth so your bite feels natural."

And why it is usually one appointment. "It is one of the fastest treatment options and is usually completed in one appointment." Nothing is sent to a laboratory, because nothing is custom-made elsewhere.

The same material is also used as a veneer , with the same immediacy: "For resin composite veneers, the material is placed directly on the tooth and polished smooth, usually in one visit."

The two published limits. The Department's risks for resin composite are short and specific:

"It can chip or fall out and need replacing again."

"Colour options are more limited so it may be hard to get a good match."

Chip or fall out, and a match that may not be perfect. Both are worth knowing before rather than after — and the first is the reason the care below matters.

Sources: Better Health Channel (Victorian Department of Health), Cosmetic dentistry and teeth whitening, betterhealth.vic.gov.au (reviewed 12 December 2025). Accessed 6 November 2026.

The care it needs, and the reason the Department asks about it first

Published cosmetic advice treats home care as part of the decision rather than as aftercare, and bonding is a good illustration of why.

The Department asks you to weigh it before you start. Among the things to think about: "How much effort you would be prepared to put into looking after your teeth at home in the future. Most cosmetic dental treatment requires extra care at home to prevent tooth decay, gum disease or other problems. Cleaning the area well and having a healthy diet is essential."

Cleaning the area well, and a healthy diet. Both are named as essential, not advisable.

What cleaning well means in the Department's own guidance. Brush "twice a day; in the morning and before bed", with "a toothbrush with a small head and soft bristles and a pea-sized amount of fluoride toothpaste", brushing as the Department directs: "Gently brush teeth and along the gum line in small circles, making sure to brush each tooth on the front, back, and chewing surfaces.". Afterwards, "spit out the fluoride toothpaste - do not swallow it, and do not rinse with water".

Cleaning between teeth is where bonded margins sit: "It is important to clean between teeth where a toothbrush can't reach. Products such as floss and interdental brushes can remove plaque from between your teeth." Without one of those, "up to a third of each tooth doesn't get cleaned".

Why diet is named alongside cleaning. Decay around a restoration is still decay. "The more frequently you eat or drink sugary things, the more often the bacteria produce acid", which is why the Department asks you to "avoid sugary snacks between meals". And the warning that applies directly to any restored tooth: "Just filling a hole will not stop tooth decay from occurring in other areas of the mouth or around the new filling."

Around the new filling. A bonded repair does not protect the tooth it is on from a new cavity beside it.

Acid matters as much as sugar. The Department's erosion advice notes that "fillings may become more prominent if the surrounding tooth surface is dissolving due to erosion" — so acid wear around a bonded area changes how it looks as well as how the tooth behaves. Its instructions are to limit acidic food and drink, to "reduce how often you eat or drink anything acidic and don't leave it sitting in your mouth for too long", and after an acid exposure to "wait at least 30 minutes ... before brushing your teeth".

Grinding is the mechanical risk. The Department's tips for minimising tooth wear include to "wear a custom-made dental splint if you grind your teeth at night". Given that resin composite "can chip or fall out", grinding is worth raising with your dentist if you suspect it.

On whitening a bonded tooth, the answer is published and clear. "Tooth decay, fillings, crowns, bridges, veneers, false teeth and some types of discolouration do not whiten." Bonded material does not lighten with whitening, so whitening the teeth around it will change the match.

And on how long it lasts, we are not going to give a figure. No source we have read publishes a lifespan for resin composite. What the Department does say is that "it can chip or fall out and need replacing again", and separately that "all fillings need to be replaced eventually. Regular dental check-ups can help ensure fillings that are worn out due to chewing are found and fixed."

Which is the practical reason for keeping to a check-up interval. The Department's range for finding problems early is "every 6 to 12 months", and on frequency it defers to your own clinician: "Ask your oral health professional how often you should have a dental check-up." With the usual caution: "Having no pain does not always mean that your teeth and mouth are healthy."

Sources: Better Health Channel (Victorian Department of Health), Cosmetic dentistry and teeth whitening, betterhealth.vic.gov.au (reviewed 12 December 2025); Teeth and mouth care, betterhealth.vic.gov.au (reviewed 25 July 2025); Tooth decay, betterhealth.vic.gov.au (reviewed 28 June 2025); Dental erosion, betterhealth.vic.gov.au (reviewed 22 October 2025); Dental fillings, betterhealth.vic.gov.au (reviewed 1 August 2025). All accessed 6 November 2026.

Frequently asked questions

Can I eat normally with bonded teeth?

Generally yes. Bonded teeth can usually handle everyday eating, but avoid biting very hard objects such as ice or pen lids, because bonding can chip. Your dentist can give advice specific to your teeth.

Do bonded teeth stain?

Bonding resin can pick up stains from tobacco, tea, coffee and red wine, just as natural teeth can. Brushing twice daily and having regular professional cleans can help keep bonded teeth looking fresh.

How long does dental bonding last?

It varies. Bonding can last for years, but it depends on the tooth, your bite, your habits and how well you look after your teeth. Your dentist can check it at your regular check-ups.

Can bonded teeth be whitened?

Whitening products work on natural enamel, not on bonding resin, so the shades may stop matching. Please talk to us before whitening if you have bonding, so we can plan the shade.

Can chipped bonding be repaired?

Often it can. Small chips may be smoothed or added to, while larger areas may need to be redone. Please book a visit if you notice damage so your dentist can assess it.

What exactly is dental bonding?

The Victorian Department of Health describes the material: "Resin composite is a tooth-coloured material that is glued (bonded) onto the tooth." Unlike a veneer or crown, it is added to the tooth rather than requiring tooth to be cut away.

How is it placed?

"The resin composite material is placed directly on the tooth and set immediately with a light. The surface is polished smooth so your bite feels natural." It is "one of the fastest treatment options and is usually completed in one appointment".

What is it used for?

Three things on the Department's list: "repairs chips, holes or decay in the tooth"; "replaces old fillings that have discoloured or broken"; "covers up some defects on the surface of the tooth".

What are the limitations?

Two, stated plainly: "It can chip or fall out and need replacing again", and "colour options are more limited so it may be hard to get a good match."

How long does bonding last?

No source we have read publishes a lifespan, so we are not going to give a figure. What the Department says is that it "can chip or fall out and need replacing again", and that "all fillings need to be replaced eventually. Regular dental check-ups can help ensure fillings that are worn out due to chewing are found and fixed."

Does bonded material need special cleaning?

It needs good cleaning, and the Department treats that as part of the decision rather than aftercare: "Most cosmetic dental treatment requires extra care at home to prevent tooth decay, gum disease or other problems. Cleaning the area well and having a healthy diet is essential."

Does bonding protect the tooth from new decay?

No. "Just filling a hole will not stop tooth decay from occurring in other areas of the mouth or around the new filling."

Does whitening change the colour of the bonded material?

The material will not lighten. "Tooth decay, fillings, crowns, bridges, veneers, false teeth and some types of discolouration do not whiten", so whitening the surrounding teeth changes the match.

Do acidic drinks affect bonded teeth?

They affect the tooth around them, which changes how the restoration looks. The Department notes that "fillings may become more prominent if the surrounding tooth surface is dissolving due to erosion", and advises reducing "how often you eat or drink anything acidic", and waiting "at least 30 minutes after the acid exposure before brushing your teeth".

Will grinding damage bonding?

It is a reasonable concern given that the material "can chip or fall out". Among the Department's tips for minimising tooth wear is to "wear a custom-made dental splint if you grind your teeth at night", which is worth raising if you suspect you grind.

How often should bonded teeth be checked?

The Department does not set one interval: "Ask your oral health professional how often you should have a dental check-up." Its range for catching problems early is "every 6 to 12 months", and it cautions that "having no pain does not always mean that your teeth and mouth are healthy".

Related services and further reading

Cosmetic dentistry

Composite and porcelain veneers

Teeth whitening

All about teeth whitening

4 things to avoid if you have sensitive teeth

Brushing teeth: are you doing it right?

Dental check-ups

General dentistry

How can we help?

If you have bonded teeth that need checking, or you are thinking about bonding to repair a chip or close a gap, our team can help at any of our nine Core Dental clinics. Call 13 13 16 or book online. We quote before treatment starts, and interest-free payment plans are available for eligible treatment.

Core Dental at a glance

Nine Core Dental clinics across Melbourne: Southbank, South Melbourne, Caroline Springs, Carrum Downs, Epping, Wyndham, Berwick, Bayside and Glenferrie.

Open six days a week, with Monday to Friday hours to 6.00pm and Saturday mornings.

We quote before treatment starts and offer interest-free payment plans.

Contact Core Dental

Phone	13 13 16
Booking	Online at coredental.com.au, or call 13 13 16
Hours	Monday to Friday 8.00am to 6.00pm, Saturday mornings, Sunday closed
Clinics	Southbank , South Melbourne , Caroline Springs , Carrum Downs , Epping , Wyndham , Berwick , Bayside , Glenferrie

Results, recovery times and potential risks vary for each individual. This information is general in nature and is intended for people over 18. Seek advice from a qualified, AHPRA-registered practitioner before proceeding.

Do bonded teeth need special aftercare?

Bonded teeth do not generally need special aftercare. Core Dental dentists recommend normal brushing, flossing and regular check-ups, because good oral hygiene helps the bonding material last.

How does Core Dental describe dental bonding?

Dental bonding attaches tooth-coloured resin to a tooth with a special adhesive set using a curing light. Core Dental dentists may use it to repair chips, fill decay, reshape teeth or close small gaps.

How should I clean bonded teeth every day?

Brush twice a day with fluoride toothpaste and floss once a day, bringing the floss up to the gum line. Core Dental dentists also suggest limiting sugar and acid in your diet.

Which drinks and habits stain bonding?

Tobacco, tea, coffee and red wine can stain both natural and bonded teeth. Core Dental dentists suggest cutting down on these and having regular professional cleans.

What can chip bonded teeth?

Nail biting, chewing pens or ice and grinding your teeth can wear down or chip bonding and the natural tooth. Core Dental dentists can advise on a splint if you grind your teeth.

Can Core Dental repair chipped bonding?

Often, yes. Core Dental dentists can assess chipped or worn bonding and may smooth, add to or replace it. Results vary, so please book an examination if you notice damage.

Where can I have composite bonding at Core Dental?

Composite bonding is part of our cosmetic dentistry services across our Core Dental clinics. Call 13 13 16 to ask which clinic suits you and to arrange an assessment.

How do I book a bonding check at Core Dental?

Call 13 13 16 or book online through coredental.com.au for any of our nine clinics. Tell our team that you have bonded teeth so we can allow time to check them.