

Composite Bonding or Veneers?

Which one actually fits your case, not just which one you've heard of.

These two get compared constantly, and most of what's written about them online is written to sell one over the other. Here's the honest version — what each one is actually good at, and where the real trade-offs are.

The Short Answer

Bonding suits chips, gaps, wear and minor colour changes, keeping almost all of your own tooth intact. Veneers suit a bigger colour or shape change, or where longer-term strength and colour stability matter more than minimal intervention. Often it's not either/or — a mix of both across different teeth is common.

Composite Bonding

What it is: a tooth-coloured resin, sculpted by hand directly onto your own tooth.

The advantage: almost none of your own tooth is removed to make room for it. If something chips or you change your mind, it can usually be adjusted or redone without having lost irreversible amounts of enamel.

The trade-off: it's not as hard-wearing as your natural enamel or as porcelain. It can pick up staining over time, and it typically needs touch-ups or a redo at some point — this isn't a flaw, it's the nature of the material.

Cost: from £2,500 (minimum 4 teeth, upper 2-2) up to £7,500, priced by how many teeth and how much change is involved.

Porcelain Veneers

What it is: bespoke ceramic shells, roughly 0.3–0.7mm thick, custom-made and bonded over the front of your existing teeth.

The advantage: porcelain holds its colour and shine far better than composite over time, and it's stronger. For a bigger colour change or shape correction, it tends to give a more stable, longer-lasting result.

The trade-off: some cases need a small amount of your own enamel reshaped so the veneer sits flush — though no-prep or minimal-prep options exist for the right case, preserving more of the natural tooth.

Cost: typically £900–£1,200 per tooth.

The question that actually decides it: is this a small correction on teeth that are otherwise healthy, or a bigger change where long-term stability matters more than keeping every bit of enamel? The honest answer to that, not the trend, is what should decide.

Questions Worth Asking at a Consultation

- Given my specific teeth, which one would you actually recommend, and why?
- Would a mix of both across different teeth make more sense than one or the other?
- What happens in five or ten years with each option?
- Can I see real examples of your own cases for something similar to mine?

The right answer depends entirely on your teeth, not a trend. A free consultation is the honest way to find out which one actually fits your case.