Composite or porcelain? *Five questions to ask yourself.*

It helps to know what matters to you. No wrong answers — note if you're mostly **A** or **B**, and tap any answer to learn more.

01 How much would I like to change?

Small additions often suit composite; a real redesign of shape or proportions often suits porcelain.

A	B
Small touches — edges, chips, a small gap	A bigger change in shape or proportions

02 What are my teeth like today?

The condition of your teeth matters more than your age.

A	B
Healthy, with few or no fillings	Many fillings, or old crowns and veneers

03 How do I feel about my colour?

Composite keeps the shade it was made in — whitening comes first.

A	B
Happy with it, or I'd whiten first	I want a bigger change than whitening can give

04 How do I feel about upkeep?

Composite needs a maintenance visit and polish every 6–12 months.

A	B
Happy to come in for maintenance	I would rather have fewer touch-ups

05 What matters most over the years?

Composite is replaced on average every 7 years, porcelain every 14. A guide, not an expiry date.

A	B
Keeping as much of my own tooth as possible	Fewer replacements over time

WHAT YOUR ANSWERS SUGGEST

MOSTLY A

You may be leaning *composite.*

Good teeth, small changes: adding a little of what's already good, and keeping your natural enamel.

WHY COMPOSITE →

MOSTLY B

You may be leaning *porcelain.*

A bigger change, or teeth already restored: a material made to last, with less upkeep.

WHY PORCELAIN →

A MIX OF BOTH

Both could *work for you.*

Sometimes the clinical indications for composite and porcelain overlap. What finally decides is your personal circumstances and expectations.

WHAT REALLY DECIDES IT →

Good to *know*

Your bite comes first. If it isn't right, either material can chip. Two common misconceptions →

It's the hands, not the material. Both can look entirely natural — or obviously fake. See real cases →

Composite isn't redone forever. Over a lifetime, many bonding cases eventually move to porcelain. Cost over time →



YOUR NEXT STEP

Your answers are a start. *Your teeth decide.*

I work with both materials. My recommendation always follows what your teeth need and what we want to achieve together.

Ask About Your Smile — free

Send a few photos and tell me your answers. I look at them personally and reply with my first thoughts.

SEND MY PHOTOS →

Book a consultation

Full assessment in Marylebone — £200, with a written plan and costs.

BOOK NOW →

Read the full guide → real cases, cost over time and common questions.

General information, not a diagnosis. An examination is needed to confirm your options. Individual results vary. Composite from £300 per tooth, porcelain from £1,500 per tooth; fees may change. Jurgita Sybaite · GDC 242279 · 35 Devonshire Place, London W1G 6JP