

People usually arrive at the veneers conversation for the same handful of reasons: a front tooth chipped on a coffee mug, years of staining that whitening never fully lifts, gaps that bother them in photos, or small, uneven teeth that never felt “finished.” The question is rarely whether to do something. It is what to do, and how long it will last. In London, Ontario, that often boils down to porcelain veneers versus composite bonding.

Both are proven, both can look natural, and both can fail if chosen for the wrong mouth or delivered with the wrong technique. As a clinician, I look first at biology and bite, then at budget and timeline. A beautiful smile is not just colour and shape, it is how the restorations survive coffee, granola, winter air, and the way you bring your back teeth together 800 times a day without thinking about it.

## What each option actually is

Porcelain veneers are thin, custom shells of ceramic made by a lab and bonded onto the front surfaces of teeth. They usually require some enamel reduction, often in the range of 0.3 to 0.7 mm, to create space for lifelike contours and to avoid a bulky look. Once bonded, they become part of the tooth, with the ceramic taking the role of the outer enamel.

Composite veneers, also called composite bonding, are sculpted directly on the tooth by the dentist using tooth-coloured resin. The material is placed, layered, shaped, and cured in the chair. Prep can be very conservative, and sometimes there is no drilling at all if the goal is purely additive, such as lengthening chipped edges or closing small gaps.

The artistry is different. With porcelain, you and your dentist are collaborating with a skilled ceramist in a lab, often here in Ontario. With composite, the dentist is the ceramist, doing the layering and surface texture on the spot. That difference influences the look you can achieve, the price, the speed, and the way repairs work down the road.

## Aesthetics: the eye test, up close and across the room

A well done composite veneer can look excellent from a conversational distance. In skilled hands, it will also pass the close-up test under normal light. Porcelain’s advantage shows when the lighting changes, especially bright sunlight or flash photography. High quality dental porcelain has intrinsic translucency and a natural fluorescence that mimics enamel. It reflects and absorbs light the way teeth do, so the result tends to keep its realism from every angle.

Edge shape and surface microtexture matter more than most people expect. Teeth are not perfectly smooth. They have perikymata and tiny vertical grooves. A dentist or ceramist who recreates those details gives you that “born with it” finish. Composite can absolutely carry surface texture, but its polish tends to soften faster with brushing and routine cleanings. Porcelain holds texture and gloss for years.

Colour stability separates the two over time. Porcelain is almost stain-proof. Red wine, espresso, turmeric, and London’s beloved curries are not a threat. Composite is better than it used to be, yet it still takes on stains at the microscopic level. You can polish them off in hygiene visits, but if you drink dark beverages daily, expect some maintenance.

For complex shade issues, like deep tetracycline staining or fluorosis, porcelain offers more control. Ceramists can layer opacious cores with translucent enamel-like overlays, hiding the dark without making the tooth flat or chalky. Composite can mask dark shades too, though to get the same opacity you sometimes sacrifice lifelike translucency.

## Durability and how they age

This is the part most patients care about, and for good reason. You want to know whether your smile will still look good in five years.

Porcelain veneers in London typically last 10 to 15 years, and many reach 20 with proper planning and a protective nightguard in people who clench. They resist wear and scratching. Chips can happen, usually at the incisal edges if someone has a heavy bite or uses teeth to open packages. Small porcelain chips can be polished or patched with composite, but larger fractures often require a veneer remake. [cosmetic dentistry in London Ontario](#) That involves a new impression or scan, temporary coverage for a week or two, and a lab fee.

Composite veneers generally last 3 to 7 years before noticeable wear or colour change prompts repair or replacement. Edge chipping occurs more readily, especially in people with a deep overbite or a parafunctional habit. The upside is that repairs are straightforward and done the same day. You can re-polish, add material, finesse the edges, and keep going. Think of composite as a high-quality paint job on a car, and porcelain as a new panel with factory finish.

Bite function plays a bigger role than most brochures admit. If your lower incisors hit the backs of your upper front teeth with every chew, any veneer is under stress. For these cases, we modify the bite slightly, lengthen the

front teeth in a controlled way, or recommend orthodontics first. Skipping this step is why you sometimes hear stories of veneers “not lasting.” The material takes the blame for a functional problem.

## What treatment actually feels like

The composite path is short and familiar. After a shade check, any minor prep is done under local anesthetic if needed, the teeth are isolated, and the dentist begins layering composite. Each tooth can take 30 to 60 minutes depending on complexity. You leave with the final result the same day, which is a real advantage for weddings, job interviews, or just wanting to be done.

Porcelain takes two to three visits. The first is planning, photography, and sometimes a digital scan for a “mock-up,” a reversible try-in made of temporary material that previews the proposed shape in your mouth. The second visit is minimal preparation and taking precise records for the lab. You wear high-quality temporaries for 7 to 14 days while the lab fabricates the veneers. In London, local labs often turn veneers around in about 1 to 2 weeks, though complex cases can take longer if custom staining or a diagnostic wax-up is needed. The third visit is try-in and bonding. Expect a relaxed appointment with lots of mirror time, small adjustments to the bite, and meticulous cleanup.

Local detail that matters: winter air is dry and lips can chap easily here. Bring lip balm to the longer visits. Your dentist’s team will keep you comfortable, but you will appreciate it.

## Costs in London, Ontario

Prices vary by dentist, material, and case complexity, so ranges make more sense than fixed numbers. In our region:

- Composite veneers or bonding usually run around CAD 300 to 800 per tooth.
- Porcelain veneers typically range from CAD 1,200 to 2,500 per tooth.

A set of six upper teeth in porcelain, the common “smile zone,” might total CAD 7,500 to 12,000. That includes the lab fee, temporaries, and the final bonding appointment. Composite for the same six teeth may come in at CAD 2,000 to 4,000 depending on time and artistry required.

Insurance often classifies both as cosmetic and offers limited or no coverage. If there is a structural reason, such as repairing a fractured tooth or replacing failing old fillings, some plans contribute under basic restorative benefits. Always ask your office to submit a pre-determination. Many London practices offer financing or staged treatment, such as doing two teeth at a time.

## When one option makes more sense

If you have small chips, modest edge wear, or one or two darker teeth after root canal treatment, composite can be a smart, conservative fix. It is also ideal for teenagers and young adults because their gums and bite may still be settling. You can reshape with composite now, then revisit porcelain in their late twenties when the bite is stable.

If your goals include a major shade change, reshaping multiple teeth, closing larger gaps, or aligning the edges for a crisp smile line, porcelain tends to deliver a more predictable and long-lasting result. Porcelain also shines when adjacent teeth have different colours or if you have thin enamel that would show dark tooth structure through a translucent material.

There are edge cases. Peg laterals, those small cone-shaped lateral incisors, bond beautifully with composite because you can add bulk in a controlled way and revise it later as the bite changes. On the other hand, adults with tetracycline banding often regret going with composite because they see the grey creep back through after a year or two, even with careful layering. Porcelain solves that reliably.

Habit patterns carry weight too. Nighttime clenchers, nail biters, and pen chewers are tough on resin. We can make a protective nightguard either way, but porcelain weathers that storm better. If you will not wear a guard, be honest with yourself and your dentist. It shapes the recommendation.



## A quick side path: veneers are not for missing teeth

This seems obvious until someone asks about “veneer implants.” Veneers rely on existing tooth structure. If a tooth is missing, the stable long-term solutions are dental implants or a bridge. People searching for porcelain veneers sometimes realize a central tooth was extracted years ago, and a partial denture has been carrying the load ever since. That changes the conversation.

In that scenario, a specialist such as a dental implants periodontist will evaluate bone volume and gum health. In London, implants are widely available and well supported by CBCT imaging for accurate planning. If you are

missing several teeth or prefer a removable option, dentures London Ontario providers can fabricate modern, natural-looking partials. These solutions can be combined with veneers on the remaining teeth for a cohesive smile. If you are comparing dental implants London Ontario options with cosmetic veneers, make time for both consultations. Restoring a smile sometimes means addressing structure first, cosmetics second.

## Longevity and maintenance in real life

You brush, floss, and see your hygienist. That is the baseline. A few details matter more with veneered teeth:

- For composite, schedule regular high-gloss polishing. London hygienists have fine pastes and rubber cups that restore shine without aggressive abrasion. If you smoke or drink dark beverages daily, you might want a touch-up polish every 6 months.
- For porcelain, ask your provider to avoid coarse prophylaxis pastes and air abrasion on the glaze. Most offices already do. Polishing strips and fine pastes are enough when needed.
- Wear that nightguard if recommended. A thin, comfortable guard can extend veneer life dramatically. If you wake with jaw tension or headaches, chances are you clench. The guard pays for itself the first time it prevents a chip.
- Avoid using front teeth to tear packages. This is the most common way people chip edges, especially on composite.

Sensitivity after prep is normal for a few days, mostly to cold air. OTC analgesics handle it well. If sensitivity lingers, tell your dentist. Sometimes a tiny bite adjustment solves it.

## How to think about “no-prep” veneers

No-prep porcelain has a place, but only in cases where you are strictly adding volume, like building out flat, small teeth or closing a gap without changing the arch. Because enamel is valuable, we try to preserve it. Enamel is the best bonding surface in the body. If reducing 0.3 to 0.5 mm of enamel allows a veneer that looks natural at the gumline and aligns with your bite, that small sacrifice pays dividends. Over-bulky no-prep veneers look like veneers, and you will see the ledge at the gum in your selfies within a week.

Minimal-prep porcelain is the middle ground most often used in London: tiny reduction where needed, none where not, guided by a wax-up and a clear template that shows exactly where space is required.

## The lab matters as much as the dentist

Porcelain veneers depend on the ceramist as much as on the dentist. Texture, translucency, and shade live in the hands of the person layering powders and firing them in a kiln. Local labs in Ontario produce excellent work, and many dentists partner with the same technician for years. That relationship shows in the result. If your case involves a single central incisor, for example, matching the neighbour tooth is among the hardest tasks in dentistry. A seasoned ceramist will request extra photos, shade tabs in different lights, and sometimes a custom try-in at the lab. Give them that data and accept the extra week if it is requested. The match is worth it.

With composite, you are relying on your dentist’s sculpting skill and their inventory of composite shades and translucencies. A practice that does a lot of bonding will have multiple brands and tints to handle the subtle grey at the incisal edge or the warm halo you see in natural teeth. Ask to see before-and-after photos of cases similar to yours.

## Whitening before veneers

If you plan to lighten your smile, do it before definitive veneers. Porcelain does not bleach. Composite does not either. You can whiten your natural teeth first, wait one to two weeks for colour to stabilize, then match veneers to the lighter baseline. If you whiten after placing veneers, the natural teeth may leap ahead, and the veneer shade will lag. That mismatch is obvious in bright light.

## What about gum health and recession

Healthy gums frame veneers. Any inflammation will make margins look puffy and red, telegraphing dental work even if the restorations are perfect. In London, we see seasonal swings in gum health with winter colds and spring allergies. If your gums bleed when brushing, plan a hygiene visit and a few weeks of improved home care before veneer records.

Recession over time can expose the top edge of a veneer as the gum creeps upward. Porcelain handles this gracefully if the margin is placed thoughtfully and the colour match is tight. Composite transitions are usually easier to polish and blend if recession occurs, but they also collect stain along the margin more readily. If you already have recession, talk to your dentist about margin design and whether to stage treatment with a periodontist for soft tissue grafting where appropriate.

## The role of occlusion: small adjustments, big impact

I cannot overstate how much bite influences success. A veneer that looks great in the mirror but bangs into a lower tooth with every swallow will chip. Your dentist should check contacts in protrusive and lateral movements. Sometimes we shorten a lower incisor by a quarter millimetre or add a small composite ramp to guide the bite more gently. Those micro-adjustments protect your investment and your teeth.

Orthodontics before veneers is not unusual. Clear aligners for a few months can upright a rotated tooth or move it out of crossbite, which allows a thinner, more conservative veneer with better mechanics. If you are set on veneers now, be clear about the risks of skipping alignment. It is your mouth, your call, but informed consent matters.

## A realistic comparison at a glance

- Aesthetics: porcelain has the edge for long-term gloss, translucency, and complex shade control. Composite can look excellent initially, especially in skilled hands.
- Durability: porcelain routinely lasts 10 to 15 years, composite 3 to 7 years before significant maintenance. Habits and bite can stretch or shrink these ranges.
- Time: composite is typically a single visit. Porcelain requires two to three visits over 1 to 3 weeks.
- Cost: composite is less expensive per tooth. Porcelain costs more up front but needs fewer remakes over time.
- Repairability: composite is easy to repair chairside. Porcelain repairs are limited, and larger issues mean a lab remake.

## Stories from the chair

A teacher in her mid thirties came in with small chips on the upper front teeth from years of clenching during exam season. We placed composite on the edges, matched to her enamel, and built a thin nightguard. Five years later, after steady use of the guard, the composites still looked good with a yearly polish. That was the right call for a conservative, budget-aware fix.

A second case, a software consultant in his forties, had old bonding on six upper teeth from university days. Staining around the margins made the edges look dirty, and he wanted a brighter, more even look for presentations. We tried a mock-up to test the shape, then moved to porcelain veneers. A local ceramist tuned the translucency to match his canines. He drinks black coffee all day. Three winters later, the veneers look like week one.

A third patient had a missing lateral incisor with a flipper denture and asked about veneers to “fill in the gap.” We paused the veneer conversation and discussed dental implants London options. A dental implants periodontist placed a narrow implant with a custom abutment to shape the gum. After healing, we used porcelain on the adjacent teeth to unify colour and shape. The implant crown and veneers read as one smile. If we had tried to fake the missing tooth with veneers alone, we would have failed both function and aesthetics.

## Choosing confidently: a short checklist

- Be clear about your goals: minor repairs, major shade change, or reshaping multiple teeth.
- Ask to see before-and-after photos of similar cases, both immediately after and at one to two years.
- Discuss your bite, any clenching, and whether a nightguard will be part of the plan.
- Clarify maintenance: expected polishing schedule for composite, and what to do if a veneer chips.

## Where local factors fit in

London has a strong dental community with access to digital scanners, local labs, and specialist support. If your case involves gum sculpting, implants, or complex bite issues, your general dentist can bring a periodontist, orthodontist, or prosthodontist into the planning. That team approach reduces surprises. If you are comparing options for missing teeth at the same time, you will see listings for dental implants London and dentures London Ontario. Both have a place. Veneers complement those treatments but do not replace them.

Timing also matters if you want work finished before a specific event. Allow at least three weeks for porcelain to accommodate lab time and any custom staining appointments. For composite, you can often schedule a longer single visit, but book early, as prime after-work slots fill quickly.

## The quiet truth about “natural”

The best veneers, porcelain or composite, are the ones nobody notices. They correct what bothers you but leave a hint of asymmetry so your smile looks like you. That usually means respecting your facial midline, your lip dynamics when you speak, and the tiny quirks that make your smile yours. A perfectly even, ultra white, perfectly flat set of eight may photograph well, but in person it can read as off. If you bring reference photos, include

people with similar skin tone and lip shape, and note not just colour but edge shape and how much tooth shows at rest. Your dentist and, for porcelain, your ceramist, translate those preferences into millimetres and materials.

## Final thoughts from the operatory

If you value maximum longevity and the most stable aesthetics with minimal maintenance, porcelain veneers are usually the better investment. If you want conservative, flexible, and immediate improvement with easier repairs and a lower initial cost, composite veneers deliver real value. Both rely on thoughtful planning, a bite that supports the work, and a maintenance routine you will actually follow.

The best first step is a consult that includes photos, a bite analysis, and an honest conversation about habits and goals. If your path includes implants or other structural work, put that foundation in place first. The cosmetic finish then becomes simpler and more predictable. In London, you will find clinicians and labs who do this every week. The smile you picture is achievable. The art is choosing the right material for your mouth, not someone else's.

## Paradigm Dental — Business Info (NAP)

**Name:** Paradigm Dental

**Address:** 532 Adelaide St N, London, ON N6B 3J4, Canada

**Phone:** (519) 672-3232

**Website:** <https://paradigmdental.ca/>

**Email:** [info@paradigmdental.ca](mailto:info@paradigmdental.ca)

### Hours:

Monday: 8:00 AM – 5:00 PM

Friday: 8:00 AM – 3:00 PM

**Open-location code (Plus Code):** XQV8+3Q London, Ontario

### Map/listing URL:

<https://www.google.com/maps/place/Paradigm+Dental/@42.9926997,-81.2356417,17z/data=!4m7!3m6!1s0x882ef3007061d71f:0x772b512bba5c2781.2330668!15sChZQYXJhZGlhbSBEZW50YWwgTG9uZG9uWhgiFnBhcmFkaWdtIGRlbnRhbCBsb25kb26SAQ1kZW50YWxfY2xpbnlj4AEA!16s%2Fg%2F>

### Embed iframe:

### Socials (canonical https URLs):

Facebook: <https://www.facebook.com/61577765603392/>

<https://paradigmdental.ca/>

Paradigm Dental is a family dental clinic in London, Ontario providing general dentistry and a range of in-office dental care services.

Patients can request an appointment for routine exams and cleanings, restorative dental work, and other clinic services listed on the website.

The office address is 532 Adelaide St N, London, ON N6B 3J4, Canada.

To contact Paradigm Dental, call (519) 672-3232 or email [info@paradigmdental.ca](mailto:info@paradigmdental.ca).

Hours currently listed are Monday 8:00 AM–5:00 PM and Friday 8:00 AM–3:00 PM.

For directions and listing details, use the map listing:

<https://www.google.com/maps/place/Paradigm+Dental/@42.9926997,-81.2356417,17z/data=!4m7!3m6!1s0x882ef3007061d71f:0x772b512bba5c2781.2330668!15sChZQYXJhZGlnbSBEZW50YWwgTG9uZG9uWhgiFnBhcmFkaWdtIGRlbnRhbCBsb25kb26SAQ1kZW50YWxfY2xpbnlj4AEA!16s%2Fg%2>

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## Popular Questions About Paradigm Dental

### Where is Paradigm Dental located?

Paradigm Dental is located at 532 Adelaide St N, London, ON N6B 3J4, Canada.

### How do I contact Paradigm Dental?

Phone: [+1-519-672-3232](tel:+15196723232)

Email: [info@paradigmdental.ca](mailto:info@paradigmdental.ca)

Website: <https://paradigmdental.ca/>

### What are the hours for Paradigm Dental?

Hours listed: Monday 8:00 AM–5:00 PM and Friday 8:00 AM–3:00 PM.

### What services does Paradigm Dental offer?

The clinic lists services such as examinations and cleanings, fillings, crowns/bridges, dentures, root canal therapy, orthodontic options, dental implants, and other dental care services (availability can vary).

### How do I get directions to Paradigm Dental?

Use the Google Maps listing for turn-by-turn directions:

<https://www.google.com/maps/place/Paradigm+Dental/@42.9926997,-81.2356417,17z/data=!4m7!3m6!1s0x882ef3007061d71f:0x772b512bba5c2781.2330668!15sChZQYXJhZGlnbSBEZW50YWwgTG9uZG9uWhgiFnBhcmFkaWdtIGRlbnRhbCBsb25kb26SAQ1kZW50YWxfY2xpbnlj4AEA!16s%2Fg%2>

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- 1) [Victoria Park](#)
- 2) [Covent Garden Market](#)
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