



Tooth Whitening Options

Tooth whitening is a very popular and effective treatment to whiten and brighten your smile while giving your teeth a more youthful appearance. Here at the Dental Spa we offer 2 different types of tooth whitening.

In Surgery Tooth Whitening

In surgery tooth whitening offers you a 'same day' treatment where you leave your appointment with a brighter and whiter smile. You will be booked in for a long appointment of around 1.5-2 hours. During this time we will isolate your teeth to protect the surrounding soft tissues. We will then apply a gel and use a special whitening light to activate the gel and whiten your teeth. Should you choose this option you will also be provided with a set of home trays and whitening gel to use for top ups as and when required.

Home Whitening

For our home whitening system we will take a set of dental impressions to provide you with bespoke whitening trays and our home whitening gel kit. We will show you how to use the kit and you will then go away and use the kit every night for 2 weeks to reach the desired shade. You then keep the remaining kit and the trays to use for any necessary top ups.

Top ups

From time to time you may wish to brighten up your teeth again with a 'top up'. Whether this is for a special occasion or just because it has been a few years and the teeth feel a little dull. Both options provide you with a set of home whitening trays to use and you can purchase extra syringes of whitening gel separately as required to maintain your desired shade.

During the whitening process we will recommend that you avoid heavily staining foods and drinks to encourage the best outcome and longevity of the whitening. How regularly you require top ups will vary dependant on your diet and how regularly you consume heavily staining foods.

Prior to tooth whitening you will require a short consultation to assess all your teeth and gums and ensure it is a suitable and safe treatment for you to have. The consultation fee is £40 and is deducted from whichever whitening options you choose.



Fees

Consultation - £40.00

Home Whitening - £295.00

In surgery whitening £395.00

Top up syringes - £20.00

For more information or to book in please contact us on 01743 343433 or email our Treatment Coordinator rachellincoln@the-dentalspa.co.uk