

Teeth Whitening options

Here at Halfway House Dental we offer both home and in surgery whitening options to fit around your lifestyle.

The initial appointment is a free consultation with one of our knowledgeable dentists to talk through your options and suitability for whitening. They will carry out a clinical assessment and check your teeth and gum health, then follow up with an X-ray and discuss any findings with you.

At this point you can go home and have a think about what has been spoken about or if you are able to go ahead, have impressions/scan taken and sent to the lab to start your whitening journey. Half the payment will need to be taken on the impression/scan day and the remaining balance at your next appointment.

Home Whitening

Home whitening is the process of whitening your natural teeth every night over a 2-4 week period at home. Each Boutique home whitening kit comes complete with 4 syringes of carbamide peroxide. The dentist will fit your whitening trays, demonstrate how to use them and give you both verbal and written instructions on how to complete the whitening treatment. You will wear your whitening trays with the whitening solution at night when you go to sleep.

On completion of your whitening treatment we will arrange a short appointment to review you a couple of weeks after you have finished the whitening to monitor your progress and any sensitivity issues.

You can then call or visit us with your whitening trays to buy top up kits in the future.

In Surgery Whitening

Zoom in surgery whitening is a popular whitening treatment as most of the whitening treatment is done in surgery by one of our dentists. The appointment time is around 2 hours and will start with having your teeth cleaned. Zoom whitening uses a gel and laser/light over 4 cycles of 15 minutes each to whiten your teeth. In between each cycle we remove the gel and reapply.

Neither home or in surgery whitening are guaranteed to get a certain number of shades lighter-we do offer guaranteed options should you wish to explore these please ask us for details.