

Peak™ Teeth Whitening Program

Our Peak™ Teeth Whitening Program is a safe and effective way of obtaining that whiter, brighter and more youthful looking smile. Results are usually long lasting and impressive. The normal aging process and a natural buildup of organic pigments on teeth may stain them a yellow, brown or gray. We can often easily reverse this discoloration and improve your smile, though the degree of whiteness obtained with this procedure varies from patient to patient. Treatment for dark teeth (ie. mild tetracycline staining) usually takes an extended period of time for the teeth to respond.

Instructions:

1. Floss and brush your teeth as normal
2. Place a thin line (the diameter of a spaghetti strand) of the whitening gel in your whitening trays as directed by your dentist. Avoid placing excess material in your whitening trays.
3. Insert the whitening trays and allow any excess material to extrude. Wipe away this excess material with gauze or tissue.
4. Wear your whitening trays for up to 2.5 hours a day, every day, for approximately 2 – 5 weeks. Most patients find they can easily wear them in the evening prior to bedtime.
5. Clean the whitening trays thoroughly after each use with regular toothpaste and a toothbrush.
6. Cut back on the amounts of staining foods and/or drinks that you consume, such as coffee, tea, red wine, coke/pepsi or tobacco during the whitening process.
7. Schedule follow-up appointments prior to leaving the office, so that we may monitor your treatment.

N.B. *You have been given two different strengths of whitening gel. Use the higher percentage if you are normally less sensitive or have a higher pain tolerance.*

Normal Patient Concerns:

1. Sensitivity on the Teeth – some patients do feel sensitivity on the teeth while they are whitening. Their teeth may be more conducive to thermal (temperature) changes and more sensitive to citrus foods/juices while doing this procedure. This is normal and should disappear within days of completing the whitening procedure. If you find the sensitivity is causing too much discomfort, we advise taking 1 –2 Ibuprofen (Advil, Motrin) 200 mg tablets one hour prior to inserting your bleaching trays. This helps to calm the sensitivity you are experiencing. If sensitivity still persists, call the office for more detailed instructions.
Warning – *Use Tylenol instead of Ibuprofen if you are allergic to Aspirin, Ibuprofen or other NSAIDS, have nasal polyps, asthma, ulcer(s), hiatus hernia, if you are pregnant, breastfeeding, or are already using aspirin or blood thinners or are taking any other anti-inflammatory drug(s).*
2. Discomfort or soreness on the tissues – some patients feel a burning sensation of the gums, tongue/lip soreness, and/or mild throat irritation. This type of discomfort is generally from having excess material in your whitening trays. Try to cut back on the amount of material you are placing in the trays. Salt-water rinses 4-6 times/day will also help your gums and tissues if they are sore (1 teaspoon salt in a glass of warm water).

3. Swallowing excess material – it is normal for some of the whitening gel to be washed away by your saliva while the trays are in place. This material is not harmful and has a slight minty taste.
 4. Staining on the Trays – if your mouth contains old silver fillings, they may stain the whitening trays as the silver oxidizes slightly. The procedure is not harming the filling or the whitening action on those teeth.
 5. Wearing the Trays overnight – some patients are concerned with wearing the trays overnight while they are sleeping. It is completely safe to do so as the trays are vacuum formed to fit your teeth exactly and are generally very comfortable to wear. *Please note that night time wear may increase sensitivity.*
 6. Allergy - a small portion of the population can have an allergy to certain components in the whitening gel, therefore, if any allergic symptoms become visible, stop whitening and contact our office as soon as possible.
- **If you experience any of these symptoms or have any concerns, please do not hesitate to call the office at any time, so that we may assist you and answer any questions you have regarding treatment. We may recommend a shorter duration of whitening , an increase or decrease in number of times a day to wear the trays or we may change the type or concentration of the whitening gel or prescribe other analgesics (pain killers) to allow the whitening to be relatively sensitive free.**

Touching Up in the Future – Maintaining the “White”:

Many of our patients find that the brilliant white maintains itself. Those patients who consume quantities of staining foods or beverages, or smoke tobacco, may require more frequent touch-ups over time, every 4 – 18 months. Touch-ups are up to your discretion, when you feel your teeth are becoming slightly discolored again. Touch-up for 3 – 7 nights. Usually that’s all it takes. The syringes of whitening material are good for three years.

Notes:

- Whitening is not recommended for pregnant or breast feeding women, studies simply have not been done to show what long term effects whitening may have for these conditions.
- Whitening is not recommended for children unless directed by your dentist. Keep out of the reach of children.
- The whitening gel is only available through your dentist and should only be used under a dentist supervision.

ENJOY YOUR NEW SMILE AND SHOW IT OFF!