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Bleaching Instructions

Taking that extra step to improve your beautiful smile is an exciting time. However, the use of certain products such as bleach does come with a few helpful hints to insure proper use and safety. Please review the following and feel free to call us with any questions.

- These trays are a custom fit to your mouth and no one else. Stretching could occur if shared.
- Brush your teeth and trays before and after bleaching your teeth.
- Let the bleach come to room temperature. Place the tip of the bleach syringe in tray, apply a tiny drop on the front surface of the tooth impression. Continue in each tooth impression that you would like to bleach.
- Only use a tiny drop of bleach on each tooth impression (think 1/4 the size of a pea)
- We recommend bleaching for about 2 hours at a time. If you start to feel any zinging sensations remove trays and rinse and clean teeth off earlier than 2 hours.
- After using it once or twice you'll know the length of time that works best for you. Once you start to feel little pings in your teeth, you should stop bleaching and try again tomorrow or every other day.
- After removing bleach trays, you might notice a few white spots on your teeth or gums. Those are signs of dehydration within the tissue, these are completely normal. They should disappear within a couple of hours.
- It is recommended that you don't drink red wine, coffee, or eat/drink any foods with heavy staining immediately after bleaching. Wait a couple of hours just to insure that your teeth don't absorb the dark colors from the food/drink.
- Once you feel that your teeth have reached that desired brilliant shade of white, you may develop a maintenance schedule that works for you. Some people bleach every other weekend; others just look in the mirror every few months and might notice a little bit of staining.
- Keep the bleach syringes in the fridge to extend the potency shelf life.