

PATIENT INSTRUCTIONS FOR USE

KöR-Day™ Whitening Instructions



The KöR® Whitening System was developed by renowned cosmetic dentist and teeth whitening pioneer Dr. Rod Kurthy. The KöR-Day Whitening System is for patients who prefer to wear their KöR whitening trays during the day and not during sleep.

You will wear your KöR whitening trays, while awake, once or twice a day until the whitening gel in your kit is gone. If you are scheduled for a whitening procedure in your dentist's office, continue whitening every day until your whitening procedure.

Your KöR Whitening kit includes syringes of KöR-Day Whitening gel and KöR desensitizer.

CAUTION

- Store your KöR Whitening Gel syringe(s) in the refrigerator when not in use. Do not freeze. Whitening gel is sensitive to heat. It is imperative NOT to leave your whitening kit with the whitening gel in a hot automobile after leaving your doctor's office. Place the whitening gel into the refrigerator when you can, and keep the gel away from heat.
- If irritation (such as redness, swelling, soreness) of the gums or the mouth occurs, discontinue use and consult your dentist.
- Use for periods of longer than 14 days is to be only under the supervision of a dentist.
- Avoid swallowing the KöR Whitening Gel and water used for rinsing your mouth after removal of the whitening tray.
- Use only KöR-Seal Trays to minimize contact of Whitening Gel with gums and/or salivary flow.

WARNING

- Pregnant women should not use whitening gels.
- Products containing peroxides are not recommended for use by children under 12 years of age.
- Avoid contact of the product with the eye.

- Keep KöR Whitening out of reach of small children.

Instructions

1. Brush your teeth immediately prior to whitening.
2. Apply KöR desensitizer
 - Wash your hands thoroughly.
 - You will apply KöR desensitizer to each of the four corners of your mouth (upper left, lower left, upper right, and lower right), one corner at a time.
 - The swabs in your kit are to be used **only** for application of desensitizer.
 - Apply drops of desensitizer liquid directly onto the cotton tip of the swab until it is fully wet, but not dripping.
 - Set the swab down on a flat surface with the wet cotton tip extending off the edge.
 - Starting with one corner of your mouth, pull the cheek and lip away from your teeth as much as possible by inserting one finger deeply under your cheek and another under your lip.
 - Use your other hand to quickly dry the exposed teeth with a cloth or paper towel.
 - Pick up the swab, and starting on your front teeth, firmly scrub the sides of your teeth with extra emphasis next to the gum line. (You do NOT need to apply desensitizer to your second molars, which are usually the teeth farthest back in your mouth.)
 - Also rub the swab into the biting edges of your front teeth.
 - Apply desensitizer to another corner of your mouth, following the same procedure of pulling the cheek and lip away from the teeth, and applying the desensitizer.
 - Follow the above steps to apply desensitizer to all four corners of the mouth, and then rinse your mouth gently with water.
3. Fill KöR whitening trays

Properly filling the whitening trays is critical to achieving maximum whitening results, because it ensures a proper seal of the whitening trays. Dispense a dab of whitening gel into each tooth on the inner side of the outer walls of the KöR whitening trays except in the second molars, which are usually the teeth farthest back in your mouth. Watch the *KöR-Day Instructions* video found at www.KoRWhitening.com/patient to see the proper tray-filling process.
4. Seal the KöR whitening trays against your teeth
 - Place the whitening trays over your teeth, and push the trays **firmly onto your teeth**.
 - The thick gel will push the sides of the tray away from the teeth at the gumline a little. It is very important to gently push the tray back against the teeth until the edges of the tray contact the teeth next to the gumline.
 - You should see just a little excess gel has squeezed out of the edge of the tray as the trays are gently pushed back against the teeth. If you see an excessive amount of gel, the trays have been over-filled. Adjust accordingly the next time you wear your whitening trays. Or if you see no gel has squeezed out – place more gel the next time. This is

VERY important to obtaining the best possible whitening result.

5. Wear your KöR whitening trays for 30-60 minutes, once or twice daily, or however long and as frequently as your dentist suggests.

If you have little to no tooth sensitivity, wear your trays for 60 minutes each time. If you feel some sensitivity, wear your trays for only 30 minutes or less each time.

When You Remove Your KöR Whitening Trays

- After removing the trays, rinse your mouth and clean your KöR whitening trays with **cool** tap water using a Q-Tip in a rotating motion as shown on the instructional video. Avoid using warm or hot water, as it could affect the fit of your trays. Do **not** use the cotton swabs in your kit for cleaning your trays.
- Shake the excess water off the trays and place them back into the tray case; however, do not close the case if you will again wear your trays within the next 12 hours. Leave the case open so the trays will dry out before the next use.
- Then brush your teeth.
- After brushing, apply the KöR desensitizer as before.

Other Important Information

AVOID STAINING FOODS

During the at-home whitening process and a couple of days thereafter, avoid staining foods when you can. Foods to reduce or avoid would be any food or beverage that would badly stain a white shirt.

WEAR KÖR WHITENING TRAYS EVERY DAY

If possible, do not skip days when whitening. Consecutive daily whitening is important to obtaining the very best result.

HANDLE YOUR KÖR WHITENING TRAYS WITH CARE

- Keep your whitening trays away from heat – heat will distort them. Do not leave them in a hot car. Do not put or wash them in warm or hot water.
- Keep your whitening trays out of reach of small children and pets. Dogs love to chew on whitening trays.
- Store your KöR whitening trays safely. Keep them in the case provided. Place your trays **loosely** in the tray case as shown in the instructional video, and close the case. Improper placement of trays in the case can permanently distort and destroy the trays.

You may expect some slight gum sensitivity from wearing the trays, and your teeth may feel slightly sensitive. If you should feel more than slight sensitivity of the teeth or gums, call your dentist.

You may notice the color of your teeth starts to look uneven. They may develop white spots. The area of the teeth near the gum line may look dark (this is because the rest of the tooth will have become lighter by comparison); or the color may look too opaque (chalky). This is normal and usually evens-out in a week or two after whitening is finished.

You may find that your lower teeth do not lighten as quickly as your upper teeth. Again, this is normal. If there is a noticeable difference between the upper and lower teeth when whitening is completed, your dentist may recommend an additional week of whitening on the lower teeth.

Maintaining Your New White Tooth Color

To enjoy a lifetime of white teeth, while still being able to enjoy your favorite foods and beverages, discuss an ongoing maintenance program with your dentist.

You may resume a normal diet, and still maintain the whiteness of your teeth by wearing your whitening trays at home periodically as your dentist suggests.

If you have any questions or concerns, just give your dentist a call.



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