



The KöR® Whitening System was developed by renowned cosmetic dentist and teeth whitening pioneer Dr. Rod Kurthy, and is widely regarded as the most effective teeth whitening system known today.

You will wear your KöR whitening trays for a minimum of 14 consecutive nights while you sleep. If you have particularly whitening-resistant teeth, your dentist may advise additional nights of whitening. If you are scheduled for an in-office whitening procedure, continue whitening every night until your whitening procedure.

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

### CAUTION

- It is important to watch the *KöR-Night Instructions* video found at [www.KoRWhitening.com/patient](http://www.KoRWhitening.com/patient) to see the proper desensitizer application and whitening techniques.
- It is imperative **not** to leave your whitening kit with the whitening gel in the hot car after leaving your dentist's office. Place the whitening gel into the refrigerator as soon as you can. Always keep the gel away from heat.
- Store your KöR Whitening Gel syringe(s) in the refrigerator when not in use. Do not freeze.
- If you're traveling when whitening, keep your whitening gels with you. You are allowed to carry them on an airplane. When you arrive at your destination, keep the syringes in your air conditioned room. If you have access to a refrigerator, that's even better.
- If irritation (such as redness, swelling, soreness) of the gums or the mouth occurs, and/or you experience extreme sensitivity, discontinue use and consult your dentist.
- Prior to using the KöR desensitizer, **thoroughly read** the *Patient Instructions for Use*, included with the desensitizer, for proper use and warnings.

### WARNING

- Pregnant women should not use whitening gels.
- Nursing mothers should consult their pediatricians prior to using whitening gels.
- Avoid contact of the whitening gels and teeth desensitizer with the eye.
- Keep KöR Whitening gels and desensitizer out of reach of small children.

## Instructions

Start your whitening immediately before sleep. Do **not** watch television or read with KöR whitening trays in your mouth. Reading or watching TV while whitening may reduce whitening results, due to the increased salivation occurring when you are awake.

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-Night Instructions* video found at [www.KoRWhitening.com/patient](http://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 night. Or if you see no gel has

squeezed out – place more gel the following night. This is VERY important to obtaining the best possible whitening result.

### When You Wake Up

- Upon waking, remove 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 that night. Leave the case open so the trays will dry out before the next use.
- Then brush your teeth, and floss if you normally floss in the morning.
- 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 NIGHT

If possible, do not skip nights when whitening. Consecutive nightly 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.



SIMPLY WHITER TEETH

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INSTRUCTIONS FOR USE

KöR-Night™  
Whitening Instructions

[www.KoRWhitening.com](http://www.KoRWhitening.com)  
866-763-7753

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