



### **Whitening Instructions with KoR Whitening Trays:**

1. Keep your syringe of KoR Whitening Gel in the refrigerator when not in use.
2. Wait until you are ready for sleep to use your whitening trays – do NOT watch television or read a book with KoR Whitening Trays in your mouth.
3. Brush your teeth then dispense whitening gel into the trays and be sure to dispense the correct amount of whitening gel.
4. After you insert the tray over your teeth, GENTLY push the tray back against the teeth to establish the seal of the tray at the gum line – this is VERY important.
5. If you put too much gel in the tray, you will notice a significant amount of gel oozing out from under the edge of the tray when you GENTLY push the tray back against your gums. Remove the excess with tissue or cotton, and next time use a little less gel.
6. When you put the ideal amount of whitening gel in the trays, after GENTLY pushing the trays back against the teeth, you will see just the slightest bit of whitening gel “peeking” out over the edge of the KoR Whitening Trays. If you do not place enough gel in the trays – if you do not see the gel “peeking” out over the edge of the whitening tray – you will not benefit from your maintenance.
7. In the morning, remove the trays, rinse your mouth and brush your teeth. GENTLY clean the KoR Whitening Trays with cotton swabs under COOL running water. Shake the water off the trays and place them in their case.
8. Apply the Teeth Desensitizer after brushing your teeth:
  1. Use one cotton swab from your kit and apply drops of Teeth Desensitizer liquid directly onto the cotton tip of the swab until it is moist.
  2. Firmly rub the desensitizer into the surface of your teeth next to your cheeks and lips, adding an additional drop to the cotton swab when necessary to keep the swab moist. This should take at least a minute.
  3. Apply the desensitizer to the outer surfaces of your teeth, including near the gum line and on the biting edges of your front teeth.
  4. Let the desensitizer sit on your teeth for 30 seconds while doing your best to keep your lips and cheeks away from your teeth then rinse your mouth with water.
  5. Whitening gel is very sensitive to heat. It is imperative NOT to leave your whitening kit with the whitening gel in the hot car after leaving our office. Place the whitening gel into the refrigerator when you can, and keep the gel away from heat.
9. If you have any problems or questions, call our dental office immediately.