



## { KÖR®- Day } INSTRUCTIONS

KÖR Whitening systems were developed by teeth whitening pioneer Dr. Rod Kurthy.

The KÖR-Day whitening system is for patients who prefer to wear their KÖR-Seal 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 having an in-office whitening procedure, continue whitening every day until your whitening procedure in our office.

Your KÖR Whitening Kit includes syringes of KÖR-Day whitening gel and KÖR Teeth Desensitizer. Whitening gel syringes should be kept in the refrigerator when possible (never leave the syringes in a hot car).

### DIRECTIONS

- 1. Brush your teeth**  
Brush your teeth immediately prior to whitening.
- 2. Fill KÖR Whitening trays**  
Squeeze a dab of whitening gel into each tooth on the inner side of the outer walls of the whitening trays (except in the very last molars) as demonstrated in our dental office.
- 3. Seal KÖR Whitening Trays**  
The gel is thick and the trays are flexible, so the gel will cause the outer rim of the tray to be pushed away from the gum line. After you place the tray onto the teeth, GENTLY push or tap the tray back against the teeth to establish the seal of the tray at the gum line as demonstrated in our office – this is VERY important. You should see a tiny bit of gel “peek out” from under the edge of the whitening tray after you gently push or tap the tray back against the teeth. If you do not see whitening gel peek out, you have not placed enough gel in the trays. It is critical to place enough gel in the trays. 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 push the tray back against your teeth. Remove the excess with tissue or cotton, and next time use a little less gel.

#### 4. Wear your whitening trays for 30-45 minutes, once or twice daily

Wear your whitening trays once or twice a day. If you have little to no tooth sensitivity, wear your trays for 45 minutes each time. If you feel some sensitivity, wear your trays for only 30 minutes each time.

#### 5. Use Teeth Desensitizer

After removing the trays, rinse your mouth with water. Then brush your teeth. After brushing, apply the Teeth Desensitizer. Use the bottle of Teeth Desensitizer in your whitening kit. You will use one cotton swab from the kit. The 22 swabs in the kit are to be used ONLY for application of Teeth Desensitizer. Carefully apply drops of desensitizer liquid onto the cotton tip of the swab until it is moist.

Holding your lips slightly away from your teeth, apply the desensitizer to your teeth as demonstrated to you in the dental office. Firmly rub the desensitizer into the outer surfaces of the teeth, with special emphasis near the gum line and on the biting edges of the front teeth.

Spend a full minute rubbing the moistened swab into the teeth. Add an additional drop of desensitizer to the same swab a time or two to keep it moist during the entire application.

After rubbing the swab into the teeth, try to keep your lips and cheeks away from the teeth for 30 seconds. You won't be able to keep your lips and cheeks completely away from your teeth, but do your best. Then rinse with water.

#### CLEAN KÖR WHITENING TRAYS:

Clean the Kör Whitening Trays GENTLY with cotton swabs under COOL running water (do NOT use the desensitizing swabs in your whitening kit for this). Shake the water off the trays and leave them in their case with the lid open so the trays dry out fully before the next use.

### OTHER IMPORTANT INFORMATION

#### AVOID STAINING FOODS:

Ideally, during at-home whitening, stay away from (or at least reduce) foods that have staining tendencies, and reduce smoking as much as possible. As a general rule, any food or drink that would permanently stain a white shirt would be best avoided during the whitening process, and a couple days thereafter.

#### WEAR KÖR WHITENING TRAYS EVERY DAY:

If possible, do not skip days when whitening – this slows down the whitening.

#### DO NOT EXPOSE TO HEAT:

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, and keep it away from heat.

#### TAKE CARE OF KÖR WHITENING TRAYS:

Store your Kör Whitening Trays safely. Keep them in the case provided. Keep them away from heat – heat will distort them. Do not leave them in the hot car. Do not put or wash them in warm or hot water. Also keep them away from your dog. Most importantly, place the trays carefully in the case. When you shake the case, you should feel the trays are loose inside the case. If they are not, and they are being bent inside or compressed against each other in the case, this will distort and destroy the trays.

## WHAT TO EXPECT

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, please call our dental office.

You may notice your teeth start to look 'funny'. 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 so light by comparison); or the color may look too opaque (chalky). This is normal and should all even-out 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, we may recommend wearing the KÖR Whitening Trays for an additional week on the lower teeth.

## IF YOU HAVE AN IN-OFFICE WHITENING PROCEDURE

If you are having an in-office whitening procedure, continue whitening every day until your whitening procedure in our office. Do not forget to bring your KÖR Whitening Trays and your entire at-home kit with you to each whitening visit at our office. This is VERY important. After your in-office whitening procedure, continue daily whitening until all whitening gel is completed.

## PERMANENTLY MAINTAIN YOUR NEW WHITE TOOTH COLOR

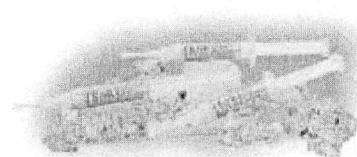
You want your teeth to stay white forever, and so do we. You also want to continue consuming red wine, coffee, tea, etc. To ensure a lifetime of white teeth regardless of what you eat or drink, it is IMPERATIVE to maintain your teeth at least once per month. You will need to obtain KÖR Whitening Maintenance Kits from our dental office as needed.

All natural teeth darken with time, and that includes teeth that have been whitened. It's normal. Without consistent maintenance, your whitening result will fade and NOT be permanent. Waiting until your teeth darken and then touching them up is a losing proposition over time. Keeping your teeth at their maximum whiteness, not allowing them to darken is the only definite way to have beautiful white teeth – FOREVER!

Maintenance is simple. You wear the KÖR Whitening Trays at least once or twice per month – depending on your particular teeth, your dentist may recommend more frequent maintenance. The goal of KÖR Whitening is to have white, bright teeth forever.

To ensure the best whitening results, you must comply with the above instructions – they are very important.

If you have any problems or questions, call our dental office immediately.





## {KÖR®-Night } INSTRUCTIONS

The KÖR Whitening Deep Bleaching system was developed by teeth whitening pioneer Dr. Rod Kurthy, and is 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, we may advise additional nights of whitening. If you are having an in-office whitening procedure, continue whitening every night until your whitening procedure in our office.

Your KÖR Whitening Deep Bleaching kit includes syringes of KÖR Whitening gel and KÖR Teeth Desensitizer. Whitening gel syringes should be kept in the refrigerator when possible (never leave the syringes in a hot car).

### DIRECTIONS

Start your whitening immediately before sleep. If you usually lie in bed reading or watching television before sleep, wait until you are ready to sleep before using your whitening trays.

1. Brush your teeth

Just before sleep, brush your teeth immediately prior to whitening.

2. Use KÖR desensitizer

On the first two nights of whitening, after brushing, use the bottle of Teeth Desensitizer in your whitening kit. You will use one cotton swab from the kit. The 22 swabs in the kit are to be used ONLY for application of Teeth Desensitizer. Carefully apply drops of desensitizer liquid directly onto the cotton tip of the swab until it is moist.

Holding your lips slightly away from your teeth, apply the desensitizer to your teeth as demonstrated to you in the dental office and on the instructional DVD. Firmly rub the desensitizer into the outer surfaces of the teeth, with special emphasis near the gum line and on the biting edges of the front teeth. Spend a full minute rubbing the moistened swab into the teeth. Add an additional drop of desensitizer to the same swab a time or two to keep it moist during the entire application.

After rubbing the swab into the teeth, try to keep your lips and cheeks away from the teeth for 30 seconds. You won't be able to keep your lips and cheeks completely away from your teeth, but do your best. Then rinse with water.

### 3. Fill KÖR Whitening trays

Squeeze a dab of whitening gel into each tooth on the inner side of the outer walls of the whitening trays (except in the very last molars) as demonstrated on the instructional DVD.

### 4. Seal KÖR whitening trays

The gel is thick and the trays are flexible, so the gel will cause the outer rim of the tray to be pushed away from the gum line. After you place the tray onto your teeth, GENTLY push or tap the tray back against the teeth to establish the seal of the tray at the gum line as demonstrated on the DVD - this is VERY important. You should see a tiny bit of gel "peek out" from under the edge of the bleaching tray as shown on the DVD. If you do not see bleaching gel peek out, you have not placed enough gel in the trays. It is critical to place enough gel in the trays. 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 push the tray back against your gums. Remove the excess with tissue or cotton, and next time use a little less gel.

#### WHEN YOU WAKE UP

In the morning, after removing the trays, rinse your mouth with water. Then brush your teeth. After brushing, apply the Teeth Desensitizer as before. You will only use Teeth Desensitizer the first two nights of whitening, however you will use the Teeth Desensitizer each and every morning after whitening, including the first two mornings.

#### CLEAN KÖR WHITENING TRAYS

Clean the KÖR Whitening Trays GENTLY with cotton swabs under COOL running water (do NOT use the desensitizing swabs in your whitening kit for this). Shake the water off the trays and leave them in their case with the lid open so the trays dry out fully before the next use.

## OTHER IMPORTANT INFORMATION

#### AVOID STAINING FOODS

Ideally, during at-home whitening, stay away from (or at least reduce) foods that have staining tendencies, and reduce smoking as much as possible. As a general rule, any food or drink that would permanently stain a white shirt would be best avoided during the whitening process, and a couple days thereafter.

#### WEAR KÖR WHITENING TRAYS EVERY NIGHT

If possible, do not skip nights when whitening – this slows down the whitening process.

#### DO NOT EXPOSE GEL TO HEAT

Whitening gel is very sensitive to heat. It is imperative NOT to leave your whitening kit with the whitening gel in the hot car leaving our office. Place the whitening gel into the refrigerator, and keep the gel away from heat.

#### TAKE CARE OF KÖR WHITENING TRAYS

Store your KÖR Whitening Trays safely. Keep them in the case provided. Keep them away from heat – heat will distort them. Do not leave them in the hot car. Do not put or wash them in warm or hot water. Also keep them away from your dog. Most importantly, place the trays carefully in the case. When you shake the case, you should feel the trays are loose inside the case. If they are not, and they are being bent inside or compressed against each other in the case, this will distort and destroy the trays.



## Kör® WHITENING MAINTENANCE INSTRUCTIONS

Follow the instructions below unless otherwise directed by your dentist

Keep your syringe of Kör Whitening Gel in the refrigerator when not in use.

All natural teeth darken with time. It's normal. It is much better to "maintain" the whiteness of your teeth rather than to let them darken and then touch-up the whiteness. Waiting until your teeth darken and then touching them up is a losing proposition over time. Keeping your teeth at their maximum whiteness, not allowing them to ever darken is the only sure-Äre way to have a lifetime of beautiful white teeth – FOREVER!

You should wear your Kör Whitening Trays while you sleep at least one night per month for protection against darkening. Your dentist may suggest more frequent maintenance if your teeth are more resistant than normal. As you have found, this is very simple because your Kör Whitening Trays are incredibly comfortable. Continuing your recommended at-home maintenance will keep your teeth a stable color indeÄnitely.

## MAINTAINING WHITENESS WITH KÖR WHITENING TRAYS

1. Keep KöR Whitening Gel syringes in the refrigerator.
2. Wait until you are ready for sleep to use your whitening trays – do NOT watch television or read a book with KöR Whitening Trays in your mouth.
3. Brush your teeth.
4. Dispense KöR Whitening Gel into the whitening trays and be sure to dispense the correct amount of whitening gel.
5. 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.

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.

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 KöR 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.

6. In the morning, remove the trays, rinse your mouth and brush your teeth.
7. GENTLY clean the KöR Whitening Trays with cotton swabs (do NOT use the swabs included in the kit) 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:
  - a) Use one cotton swab from your kit (do NOT use these swabs for anything else) and apply drops of Teeth Desensitizer liquid directly onto the cotton tip of the swab until it is moist.
  - b) 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.
  - c) Apply the desensitizer to the outer surfaces of your teeth, including near the gum line and on the biting edges of your front teeth.
  - d) Let the desensitizer sit on your teeth for 30 seconds while doing your best to keep your lips and cheeks away from your teeth.
  - e) Rinse your mouth with water.
9. If you experience significant sensitivity of your teeth or gums, call our dental office immediately.

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.

If you have any problems or questions, call our dental office immediately.

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Patient

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Date



## KÖR-Night Whitening Maintenance

All natural teeth darken with time. To reduce re-darkening and help "set" and maintain the whiteness of your teeth permanently, the doctor has recommend you adhere to the following protocol. This will ensure that you have the whitest possible teeth for a lifetime, while continuing to enjoy your favorite foods and beverages such as coffee, tea, etc.

### Initial Accelerated Whitening Maintenance

- Whiten 5 nights a week for a month, then
- Whiten 4 nights a week for a month, then
- Whiten 3 nights a week for a month, then
- Whiten 2 nights a week for a month, then
- Whiten 1 night a week for a month

### Long-Term Whitening Maintenance

- Whiten \_\_\_\_ night(s) a month indefinitely

Nights of whitening maintenance should be spread-out. For example, if your Accelerated Whitening Maintenance (to initially help "set" the whiteness) requires 2 nights per week, you could whiten every Monday and Thursday night.

If the Long-Term Whitening Maintenance recommended is two nights per month, you can whiten one night every 2 weeks.

If you have questions, please call our office.