



## Kor Whitening Instructions

1. Store Kor Whitening gel syringes in the refrigerator.
2. Wait until you are ready for sleep to use your whitening trays.
3. Floss and brush with "desensitizing toothpaste".
4. First two nights of whitening, and every morning, apply the teeth desensitizer:
  - a) Use one cotton swab from your kit and apply drops of teeth desensitizer liquid directly on to cotton tip of the swab until it is moist
  - b) Firmly apply desensitizer to the surface of your teeth , adding an additional drop when necessary to keep swab moist. This should take at least a minute.
  - c) Emphasize the application of the desensitizer on the teeth 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.
5. Dispense Kor Whitening Gel into the whitening trays and be sure to dispense the correct amount of whitening gel. (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).
6. Insert the trays over your teeth and gently push the tray edges back against the teeth to re-establish the seal at the gum line. (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, push the tray back against the teeth to establish the seal of the tray at the gum line – this is very important. You should see a tiny bit of gel "peek out" from under the edge of the bleaching tray. If you do not see bleaching gel "peek out" you have not placed enough gel. If you placed too much gel in the tray, you will notice a significant amount of gel oozing out from under the edge of the tray. Remove excess with a tissue or cotton, and next time use a little less gel.
7. In the morning, remove the trays, rinse your mouth and brush your teeth.