



KÖR Overnight Whitening

1. Brush and floss teeth as normal. Bleaching is most effective on clean teeth.
2. Make sure trays are clean and dry prior to applying.
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.
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.
5. Wear your trays for a minimum of 14 consecutive nights while you sleep. If you have particularly whitening-resistant teeth, your dentist may advise additional nights.
6. 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.
7. After whitening, remove the tray and rinse your teeth. Brush away any remaining gel. Clean your bleaching trays with a toothbrush and cold water. Store trays in the tray holder and gel in a cool dry place away from heat and direct sunlight.
8. Avoid coffee, tea, red wine, soy sauce, raspberries, strawberries, or cranberries and the like (dark foods and beverages) for several hours after bleaching.
 - Pregnant women should not use whitening gels.
 - Products containing peroxides are not recommended for use by children under 12 years.
 - Avoid contact of the product with the eye.
 - Keep KÖR Whitening out of reach of small children.
 - If irritation (such as redness, swelling, soreness) of the gums or the mouth occurs, discontinue use and consult your dentist.