



Getting Started

Bleaching has proven safe if done with caution. The active ingredient is peroxide, or a form of peroxide, which can irritate or even burn gums in sufficient concentration and duration. The type of bleaching system right for you depends on the composition of your teeth. Our team has recommended a system that balances the concentration and potential for side effects with the likelihood that you will achieve the results you're after.

The most likely side effect from bleaching is tooth sensitivity. Should it occur, you need only stop bleaching long enough for the sensitivity to dissipate. If the sensitivity doesn't go away, please contact our office. Many patients find a toothpaste with Potassium Nitrate as an active ingredient is helpful with the sensitivity.

Tray Use

1. Floss, using c-shape motion
2. Waterpik, if appropriate, making sure to aim downwards toward the gum
3. Brush your teeth for 2-3 minutes with a fluoride toothpaste. Optionally, use one that also has potassium nitrate as mentioned above. Sensodyne toothpaste has both, for example.
4. Place a small drop (smaller than a grain of rice) of gel into the tray for each tooth that needs whitening. You don't want to put so much gel in the tray that gel squirts out onto your gums and not your mouth.
5. Place tray into mouth and place gently against the tray with your fingers to put try into place.
6. If there is excess, use a tissue or cotton swab to remove it but try to keep the try in place if possible.
7. Wear the tray for 30-60 minutes depending on your system. The KÖR® Whitening Deep Bleaching™ system recommends keeping the trays in over night with appropriate use of desensitizing trays.
8. After you remove the tray, use a wet toothbrush to remove any residual gel.
9. Do not eat or drink anything for at least 30 minutes after treatment
10. Rinse trays under warm water and store in air-tight container
11. Make sure you are clear with your team about what appliance you should wear at night.

Things to Avoid

1. Smoking
2. Foods that would cause a stain if you spilled them
3. Drinks that would stain (coffee, tea, red wine, grape juice, etc.)

Patient Name: _____

Recommended tray use time: _____ **minutes**

Recommended bedtime appliance: _____

Should you experience any persistent sensitivity or have difficulty with your whitening system, please call our office: **(434) 385-6100** or contact your treatment coordinator: vicky@lynchburgsmiles.com
allison@lynchburgsmiles.com