



## INFORMATION FOR PATIENTS BEFORE USING



Please be aware of the following issues when making your decision to accept KÖR Whitening treatment:

- The directions must be followed precisely in order to achieve the best result possible. An instructional DVD and written instructions are provided in the KÖR Whitening kit.
- While not significantly time-consuming, be aware that there is some extra time that needs to be spent just before bed and when waking.
- The whitening gel must be kept refrigerated.
- Before whitening, your periodontal condition must be stable and no decay or tartar present. There may be a fee for professional teeth cleaning, if needed, especially if a few months have passed since the previous teeth cleaning.
- There are different KÖR Whitening products, depending on the patient's needs. Nighttime whitening is always more effective than daytime whitening. However, patients who have significant nighttime teeth clenching or "grinding" habits may not be good candidates for nighttime whitening.
- Home whitening must occur every night (or day, depending on the product used). Skipping sessions decreases the effectiveness of the treatment.
- During the whitening phase (2-8 weeks), it is recommended to avoid staining foods and drinks, such as: tomato sauce, red wine, coffee and tea. During whitening, consumption of these types of foods/drinks will decrease the effectiveness of the treatment.
- You must place the KÖR whitening trays immediately prior to going to sleep. You may not place the trays and then watch TV, read, etc.—this will cause more salivation and decrease the gel's effectiveness.
- Appointments for follow-up **MUST** occur every two weeks during home whitening treatments, and we must document the before and after conditions of the teeth with photographs.
- We will choose shades for cosmetic restorations and do any bonding procedures no less than one week after you have completely finished whitening.
- Sensitivity of the teeth is possible during the whitening phase. We have several ways to help you through the process, if needed.
- Maintenance of your whitening result is "forever." It's much better to maintain the result than to allow it to darken and then try to "touch it up"—it's a losing battle. Maintenance for most patients is the use of the maintenance gel in the KÖR trays for one night a month (for some, it requires twice a month). The maintenance material syringes last for several applications, and the cost is the same that our office pays to purchase it.
- Pregnant mothers should not use the KÖR Whitening products, and nursing mothers should consult their pediatricians prior to use of the KÖR Whitening.
- There is a fee of \$70 (for two, \$35 for one) new KÖR whitening trays, if yours are lost/damaged, or if new ones are needed to restorations done after whitening.
- Visit the KÖR website: [www.korwhitening.com](http://www.korwhitening.com), or call our office at 504-347-6000, for more information.