

# Bleaching Instructions

## Introduction

Tooth whitening (or bleaching) is a simple, non-invasive dental treatment used to change the color of natural tooth enamel and is an ideal way to enhance the beauty of your smile. Since tooth whitening only works on natural tooth enamel, it is important to evaluate any old restorative work like fillings and crowns that can be replaced after bleaching so your smile can be matched beautifully.

The KÖR Whitening Deep Bleaching™ System is a clinically-developed and tested teeth whitening method that claims to improve upon many of the unresolved problems of older systems, including: impermanence, failure to correct deep intrinsic staining (such as tetracycline stains) and sensitivity.

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## The Process:

- ❖ All bleaching systems work on the simple principle that teeth are whitened in direct proportion to the strength of the whitening agent and the length of time the agent remains in contact with the teeth.
- ❖ There are two levels of KÖR Whitening. KÖR Whitening is an at-home whitening system, and KÖR Whitening Deep Bleaching is a blend of in-office and at-home treatments that give dentists greater freedom to control the strength and duration of bleaching used in the whitening process. Typically, the procedure involves an innovative custom-molded mouth tray with whitening gel that provides 6+ hours of active teeth whitening during sleep, compared to average custom whitening trays made by dental offices which provide an average of 25 – 35 minutes of active whitening. When the full Deep Bleaching option is selected, the at-home portion of whitening is followed by an in-office whitening.
- ❖ For the in-office appointment, a strong 34% Hydremide® peroxide solution is used, while a 16% carbamide peroxide solution is used for the home trays

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- ❖ You will start your bleaching immediately before sleep. If you usually lie in bed watching TV before sleep, wait until you are ready to sleep before using your bleaching trays.
- ❖ Just before sleep, brush your teeth immediately prior to bleaching. It is important to brush immediately before bleaching because protein from your saliva will coat your teeth within minutes after brushing and could inhibit the bleaching agent from whitening your teeth as quickly. On the [first two nights](#) of bleaching, after brushing, use the bottle of [teeth desensitizer](#) in your bleaching kit. You will use one cotton swab from the kit. These 22 swabs in the kit are to be used **ONLY** for application of teeth desensitizer. Carefully apply drops of the desensitizer liquid directly onto the cotton tip of the swab until it is slightly 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 at least 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 totally away from your teeth, but do your best. Then rinse with water.

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We mentioned above how whitening cleans out the microscopic debris in the surface of the teeth. It is very important NOT to fill these areas back in with stains from food and beverages during the days you are actively bleaching. Ideally, during the 14 days of bleaching, 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 active phase of bleaching.

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## 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 on the teeth or gums, please call our office.
- ❖ You may notice that 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 just because the rest of the tooth will have become so light by comparison). Or the color may look too opaque (chalky). Don’t fear. This should all even out during the week or two after bleaching is finished.
- ❖ You may find that your lower teeth do not lighten as quickly as your upper teeth. This is because the lower teeth are smaller, the enamel is thinner, and the reservoirs of the tray will be smaller. Again, do not fear. If there is a noticeable difference between the upper and lower teeth when bleaching is completed, your dentist may recommend wearing the bleaching trays for another week on the lower teeth. Since the enamel of lower front teeth is much thinner than upper teeth, your lower teeth may never achieve exactly the same amount of whitening as the upper teeth, however this should not be readily noticeable

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## Permanently Maintaining Your New White Tooth Color

- ❖ All natural teeth darken with time. It's normal. It is much more preferable to “maintain” the whiteness of your teeth rather than 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-fire way to have a lifetime of beautiful white teeth – FOREVER!
- ❖ You should wear the Deep Bleaching Trays while you sleep, one night per month for protection against darkening. As you will find out, this is very simple, as your Deep Bleaching Trays are incredibly comfortable. Wearing the trays one night per month will keep your teeth a very stable color indefinitely. Maintenance bleaching gel kits are available in our office.
- ❖ Depending on your particular teeth, to permanently “set” the color, we may recommend even more frequent wearing of the bleaching trays for 1 – 3 months after bleaching. Remember, the goal of Deep Bleaching is to have white, bright teeth forever. More frequent maintenance in the beginning will get you to this goal.

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## Other Important Bits of Information

- ❖ Bleaching gel is very sensitive to heat. It is imperative that you NOT leave your bleaching kit with the bleaching gel in the hot car after leaving our office. Place the bleaching gel into the refrigerator when you can, and most definitely keep the gel away from heat.
- ❖ If possible, do not skip nights when bleaching. We find that this slows down the whitening process.
- ❖ Store your bleaching trays safely. Keep them in the case provided. Keep them away from heat – heat will distort them. Don't leave them in the hot car. Don't put or wash them in warm water or hot water. And keep them away from your dog. Dogs seem to think that bleaching trays are chew toys.
- ❖ **Most importantly, place the trays carefully in the case. When you shake the case, you should feel that 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 totally destroy the trays.**

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- ❖ Place a bead-size drop of the bleaching gel (about the size of a lentil) onto the inside of the tray, tooth-side only. There is no need to place any gel on the inside, tongue-side of the tray. Avoid using too much gel, the efficacy does not increase the more you use. If the bleach spreads out onto your gums after insertion then you've used too much. In addition, using the proper amount of gel not only helps avoid sensitivity to the gums, but it also allows you 8-10 applications.
- ❖ Wear the one hour before bed time and allow to bleach a minimum of 6 hours (while you sleep). Clean your trays after each use with tepid water and a soft toothbrush. Do not use hot water. Store your trays in their case and the gel at room temperature.

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Do not forget to bring you Deep Bleaching Trays with you to each bleaching visit. This is very Important!

We know you are going to be thrilled with your Evolve Deep Bleaching result, but only if you are able to comply with the above instructions – they are very important. If you have any problems or questions, call us right away.