

Teeth Whitening, and How KÖR® ULTRA Works

What bleaching can and can't change, why we use KÖR ULTRA, and what to do at home to get the result you're paying for.

The short version. Some yellow is stain, and bleaching removes it. Some isn't stain at all, and no amount of bleaching will move it. So we look first. If it's stain, drugstore strips may be all you need. When it isn't enough, KÖR ULTRA is the system we recommend, and most of the result depends on what you do at home every night.

Three things get called "yellow teeth"

Surface stain	Coffee, tea, red wine, tobacco	Bleaches well
Color inside the tooth	Tetracycline, fluorosis, an old injury, age	Sometimes, or partly
Thinning enamel	Darker dentin showing through worn enamel	No. Nothing to bleach

Yellow right at the gums is often exposed root, which has no enamel to bleach.

Try Whitestrips first

For ordinary coffee and tea stain, drugstore strips do the same chemistry as our gel. Follow the box, don't double up, and stop if sensitivity gets more than mild. If they barely work, that isn't wasted money. It tells us the color probably isn't on the surface.

Before you whiten

- **Crowns, veneers, bonding and fillings don't whiten.** One in your smile line may look too dark afterward and need replacing to match.
- **Wear, erosion or receding gums** are worth treating first. Bleaching doesn't cause them, but it will find them.
- **Not during pregnancy.** KÖR's instructions say pregnant women shouldn't use whitening gels.

Why KÖR

Peroxide breaks down with heat and time, and saliva breaks it down on contact. KÖR keeps its gel refrigerated from the factory to our office, and its trays are made to seal at the gumline to keep saliva out. KÖR says this keeps the gel working for 6 to 10 hours, against 20 to 30 minutes in an ordinary tray. Those are the company's figures. What we see is results on cases that didn't respond before, with less sensitivity.

Your ULTRA schedule

1. Office visit

Conditioning visit to start.

2. At home

Trays every night for 3 to 4 weeks.

3. Office visit

A final whitening visit to finish.

KÖR is clear that the final visit only works as well as the nights you did at home. **Don't skip nights.**

Every night

1. Start right before sleep. Reading or TV with trays in means more saliva and a weaker result.
2. Brush.
3. Apply the desensitizer to **dry** teeth, one corner of your mouth at a time. Saliva on the teeth or swab spoils it. Then rinse gently.
4. Fill the trays the way the KÖR video shows (scan the code at the bottom). Don't guess.
5. Seat the trays, then press the edges back against your teeth at the gumline. A tiny bit of gel squeezing out means it's right. None? Use more next time. Lots? Use less.

Every morning

Take the trays out and rinse your mouth. Clean the trays with **cool** water and a Q-tip, then leave the case open so they dry. Brush, then apply the desensitizer again.

Keep it cool (this is Las Vegas)

- **Gel goes in the refrigerator** when you get home. Don't freeze it, and never leave the kit in a hot car.
- **Trays stay away from heat** and hot water, which warp them. Keep them in their case, away from pets. Dogs love to chew them.

What's normal

- Slight tooth or gum sensitivity.
- Uneven color, white spots, or teeth that look darker near the gums. This usually evens out a week or two after you finish.
- Lower teeth lightening more slowly than upper teeth.
- While whitening and for a couple of days after, go easy on anything that would stain a white shirt.

Keeping the color

Keep your trays, and touch up at home whenever the color needs it. When you need more gel, we can order it for you, such as KÖR HOME.

Stop and call us if your gums get red, swollen or sore, or your teeth are more than slightly sensitive.

Questions? Call 702-734-0776

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At-home steps from KÖR's patient instructions; KÖR's how-to videos: lasvegasdentistry.com/kor-video. The 6 to 10 hour figure is the manufacturer's claim, not an independent finding. General information, not a substitute for your exam.



How to fill your trays



The full article