



Management of Complications

Sensitivity is a possible side effect of whitening treatment, although not everyone experiences it. If you had sensitive teeth before starting whitening, be aware that sensitivity might intensify during the treatment. To manage sensitivity without affecting treatment success, consider the following tips:

- Use KÖR desensitiser as instructed, twice daily.
- Brush your teeth with desensitising toothpaste (such as Sensodyne or any similar brand) twice daily. After brushing DO NOT RINSE your mouth to maximise the effectiveness of the desensitising toothpaste.
- Reduce whitening frequency to every 2nd or 3rd night, rather than every night. This may extend the overall treatment time but minimises discomfort greatly.
- On off-treatment nights, apply desensitising toothpaste (such as Sensodyne or any similar brand) or remineralising cream (such as Tooth Mousse) in your trays overnight. Rinse the trays in the morning.
- If sensitivity is severe, consider taking over-the-counter pain relievers such as paracetamol or ibuprofen.

To prevent gum discomfort or soreness from excessive gel, follow these guidelines:

- Apply a tiny amount of gel to your trays. If unsure, use less rather than more, and adjust as needed over future treatments.
- Before inserting your trays, apply Vitamin E oil, Vaseline, or Paw Paw ointment to your gums to act as a protective barrier against the whitening gel.
- If you experience gum discomfort, gently wipe the affected area with paper towel or a soft cloth, then apply Vitamin E oil to help soothe and heal the gums.
- If gum soreness becomes an issue, temporarily pause treatment, use saline (salty water) rinses multiple times a day, and resume treatment once your gums have healed.

Feel free to contact our clinic if you have any questions or concerns regarding your whitening treatment. Your comfort and results are our top priority.



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