



triple  
bristle

ENGINEERED  
FOR YOUR SMILE

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# INSTRUCTION MANUAL

SONIC TOOTHBRUSH

1 MODES 2 MINUTES AUTO-TIMER

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# Welcome to the best smile of your life

Congratulations on your purchase of this toothbrush! You can now use Triple Bristle to enjoy all the benefits of perfect brushing including fresher breath, whiter teeth and healthier gums.

This toothbrush boasts features that make brushing easier, more effective and safer. The bristles are extra soft and won't harm enamel or gums. They are positioned at a 45 degree angle so you automatically brush perfectly every time. The 3 sides of the brush naturally adapt to your teeth so it will work on teeth of all shapes, sizes and positions. Best of all, it takes just 40 seconds to brush all your teeth and enjoy a deep satisfy clean.

It took several dentists and engineers more than 4 years to develop and perfect the technology you are about to use. We hope that you like it as much as we do.

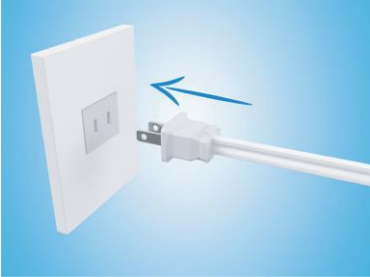
Enjoy.

# Get to know your Triple Bristle toothbrush



# Getting Started

1



2



1. Make sure your hands and toothbrush are dry before inserting batteries.
2. Use only two 1.5 V alkaline batteries.
3. Remove the battery cover by twisting counter-clockwise towards “open” position.
4. Insert the batteries keeping in mind the correct +/- position.
5. Firmly place the battery cover onto the handle and twist clockwise towards “close” position.

## **Note:**

1. If you notice the vibration of your toothbrush becoming too low, that means it's time to replace the batteries.
2. Consider purchasing rechargeable AA batteries to limit your costs as you use the toothbrush.
3. The handle may become slightly warm. This is normal.

If your toothbrush malfunctions or stops working and replacing the batteries doesn't improve the issue please contact us at [www. TripleBristle.com](http://www.TripleBristle.com) and we will be sure to make it right.

# Brushing Modes

A note for people who have never used a sonic toothbrush: there are three settings on your toothbrush handle Fast, Sensitive and Massage. For the first two weeks it's recommended that you begin on the second mode - sensitive (low vibration) since the first mode (high vibration) may be too intense at first.



High - Recommended for most people aft

2 weeks (Press power button once - this is the default setting)

Sensitive - Recommended for the first 2 weeks (Press power button twice)

Massage - For those who prefe a pulsing massage (Press power button three times)

*A note on bleeding: It is common to notice slight bleeding and sensitivity in the first two weeks of use. Triple Bristle forces you to brush perfectly every time, so you will be cleaning your teeth and gums more thoroughly than before. Both bleeding and sensitivity will go away as your gums become stronger. If bleeding continues after two weeks, stop using and consult your dentist.*

# Basic brushing technique

Place brush head onto the handle, wet the bristles with water and place toothpaste in the middle of the three heads of the brush.



Gently slide the brush down onto your teeth until you feel the bristles engage your gums.



Press the power button and slowly guide the brush along your teeth until you have brushed all the surface of your teeth.





## Proper position

As you start using your Triple Bristle, you may find that as you approach the front teeth and need to reverse the brush head position, the plastic will touch your teeth and create an unpleasant sensation. This goes away with time as you get used to using the brush and properly positioning it.

## Brushing the entire 2 minutes

If you want to get maximum brushing benefits consider brushing for the full 2 minutes (30 seconds for each quadrant). There is evidence that brushing longer than the minimum recommendation is beneficial for oral health.

## Cleaning your tongue

Clean your tongue to ensure great breath and a healthy mouth. Use the included Triple Bristle tongue cleaner to gently scrape your tongue. Scrape your tongue from back to front several times until you have covered the entire tongue. Then rinse off the tongue cleaner with water until all debris is removed.

Remember: cleaning your tongue is one of the most important things you can do to ensure fresh breath.



# Advanced techniques for specific dental conditions

## Teeth whitening

When it comes to whitening teeth, consider the importance of using an abrasive toothpaste. Most "whitening" toothpastes will do a good job. Simply put the toothpaste onto your fingers and gently rub onto the teeth you want to whiten. Then use a wet brush head to brush over the area. You can repeat this process until you remove most of the surface staining. To more dramatically whiten your smile consider professional tooth whitening at a dental office.

## Gum recession and longer teeth

If you have recession or longer teeth, some users have suggested using a slight back and forth tilting motion so that you can engage the gums on the front and back of your teeth more easily.

Slide the toothbrush onto your teeth until they engage the gums.

Pivot the toothbrush for to reach and engage the gums in the front.

Then pivot the toothbrush back to engage the gums on the tongue side.





## **A note on recession, sensitivity and toothpaste**

*Using a low abrasiveness toothpaste will reduce your chances of having gum recession and abrasion lesions like the ones you see above.*

The bristles on your toothbrush are extra soft but consider the importance of selecting a low abrasiveness toothpaste. Some common low abrasiveness toothpastes include PronameFM, Colgate TotaFM and several others. Using a highly abrasive toothpaste like some whitening toothpastes on a daily basis puts you at greater risk of toothbrush trauma and further gum recession. Consult your dentist for an appropriate toothpaste.

# Gum disease

For those with a history of gum disease, it's important to remember the importance of at home care. Consider brushing for the entire two minutes and really engaging the gum line. You will find that your gum health will improve substantially if you use the Triple Bristle and floss twice daily. Using a quality gum rinse is also a good idea.

Note that it's important to start off at the lowest "sensitive" vibration setting since your gums will be sensitive and may bleed in the beginning. After about 2 weeks you will find that you can comfortably use the high vibration setting.

**Disclaimer:** if you suffer from active periodontal disease, it's important to find a dentist to treat the gum disease and recommend a personalized home care regimen.

People with gingivitis benefit tremendously from the Triple Bristle toothbrush because it ensures that you correctly engage the gum line every time you brush.

After several weeks of great hygiene (Brushing twice and flossing at least once daily) gums often tighten up and stop bleeding.



# Dental implants & other dental restorations



The extra soft bristles and expertly positioned brush heads make the Triple Bristle ideal for patients with dental implants and other dental work. The toothbrush will engage the gum line and clean away plaque and bacteria ensuring optimal oral health. At the same time, it won't scratch or abrade any surface of the implant or crown making it perfectly safe to use.

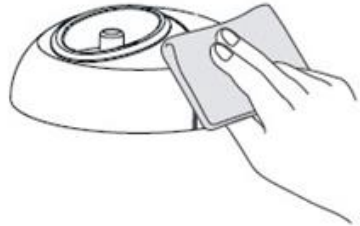
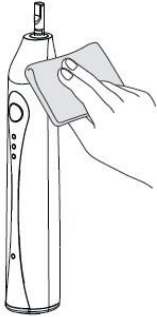
# Oral hygiene gems

1. Flossing or cleaning between teeth is incredibly important to great oral health. If you don't like flossing, try Flossers™ or a Waterpik™ or GUM Softpiks™. It doesn't matter what method you choose to clean between teeth as long as you do it.
2. Use a non abrasive toothpaste. Here are some common toothpastes with a low abrasiveness score. In general, an abrasiveness score below 70 is considered low. Note that these are just approximate ranges rather than exact numbers.

<b>Toothpaste</b>	<b>Relative dentin abrasiveness:</b>
Pronamel™ Original	25
Arm & Hammer™ Peroxicare Regular	42
Oxyfresh™	45
Tom's of Maine™ Sensitive	49
Rembrandt™ Original	53
Supersmile™	62
Colgate™ Total Original	70

3. Consider letting toothpaste dissolve in your mouth by swishing it around before putting in your wet toothbrush. Toothpaste becomes less abrasive once it dissolves in saliva.
4. Never brush your teeth right after eating or drinking something acidic. Acidic foods like oranges or soft drinks can soften enamel and make it susceptible to damage during brushing.

# Maintaining your Triple Bristle Toothbrush



1. Unplug the plug before cleaning the handles and charging base.
2. Remove the brush heads from the handles.
1. Wipe all surfaces with a damp cloth and place the handle back onto the charger.
3. Do not submerge the handle into water.
4. Rinse the brush heads and bristles after each use.
5. Do not clean in the dishwasher.
6. Make sure the bottom battery cover is secure while cleaning to make sure moisture doesn't leak into the battery compartment.
7. The accumulation of dust or dirt on the plug can cause electric shock, overheating or fire. Be sure to periodically check the plug for dirt, dust or debris and never submerge the plug or cord in water.

# Troubleshooting

<b>Problem</b>	<b>Possible cause</b>	<b>Solution</b>
The toothbrush doesn't turn on.	The batteries are dead.	Replace the batteries.
Weak or diminished vibration.	You are pressing too hard against your teeth.	Press gently without excessive force.
The toothbrush turns off prematurely even after fully charging.	The battery has reached the end of its life cycle OR The brush hasn't charged long enough.	Contact support at <a href="http://www.TripleBristle.com">www.TripleBristle.com</a> OR Charge handle for 24 hours.



# Safety first

The Triple Bristle toothbrush is safe and effective when used as directed. As with any electrical appliance, basic safe instructions need to be followed to ensure a successful outcome - especially when children are present.

Read all instructions in this manual before using.

## Water and voltage warnings

1. If the toothbrush stops working, do not disassemble or take apart to reduce risk of electric shock.
2. Only use AA alkaline batteries with this product.
3. Not for use by children under 3 years of age.
4. Do not place in an area where it can be dropped easily.
5. Do not reach for charger that has dropped into water or other liquid. Unplug immediately.
6. Never immerse the handle in water.
7. Never put handle into dishwasher.

# General warnings

1. Children and people with reduced physical, sensory or mental abilities can use Triple Bristle as long as they are supervised and given proper instruction on how to properly and safely use the product. Unsupervised children should not do cleaning and maintenance.
2. Use the product only for its intended use as described in this manual. This product should only be used to clean your teeth, tongue and gums. Do not use any foreign brush heads or attachments.
3. This toothbrush is a personal care appliance and should not be used on multiple patients in dental office or institution.
4. If your toothpaste includes peroxide, baking soda or other bicarbonate (common in whitening toothpaste) thoroughly clean the brush head to avoid damaging the plastic.
5. Keep the product away from heat.
6. If you experience discomfort or pain, discontinue use and contact a dentist.
7. Do not clean the toothbrush in the dishwasher.
8. Do not destroy the safety features.
9. Do not use outdoors, or operate where aerosol spray products are being used, or where oxygen is being administered.

# Medical warnings

1. If you have had dental surgery within the past two months, consult a dentist prior to using this product.
2. Consult your dental provider if excessive bleeding occurs while using this product or if minor bleeding continues to occur after two weeks of use.
3. Consult your physician or implant device manufacturer prior to using this product if you have questions concerning the use of this product in combination with a pacemaker or other implanted medical device.
5. Consult your physician prior to using the toothbrush if you have any medical concerns
6. Never use while sleeping or drowsy.

## SAVE THESE INSTRUCTIONS

### Proper disposal of battery

The nickel-metal hydride battery should be recycled rather than thrown out into the trash. You can take the brush handles to many retailers who participate in the Rechargeable Battery Recycling Corporation's (RBRC) recycling program. Every local government usually has a household hazardous waste recycling program. These include drop off sites or collection events. Be sure to properly recycle the brush handles rather than throwing it away.



## TRIPLE BRISTLE LIMITED WARRANTY

***Important please register your device online at <https://www.triplebristle.com/pages/warranty>***

For additional support please contact us at [support@triplebristle.com](mailto:support@triplebristle.com)

### LIMITED WARRANTY

The limited warranty set forth is given by TRIPLE BRISTLE Inc. line

of products purchased and used in the United States only. Triple Bristle warrants the product as follows: LABOR & PARTS: For a period of 1 year from date of purchase for the charging base and sonic unit handle. Upon receipt of the device, Triple Bristle will repair and/or send a new replacement at their discretion, at no additional charge. The device must be accompanied by the original retail purchase receipt or online order number.

The Limited Warranty DOES NOT COVER damage caused by accidents, misuse, and abuse, tampering, alterations, cosmetic damage or normal wear and tear. Triple Bristle Warranty does not cover units sold as used or refurbished. Also not covered is if the serial number on your device has been removed.